



A healthy dose of options

The municipal election provides a large pool of candidates, but where are the women? PAGES 4-5

MOOSEHEADS GROUND ROCKET

HALIFAX RALLIES FOR THIRD-PERIOD COMEBACK
TO RECORD ITS EIGHTH STRAIGHT VICTORY

PAGE 43

HALIFAX

metro

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Thursday, October 18, 2012



News
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"I love the smell of
testosterone
in the morning."

Q104

Inhale...



FOX IN HALIFAX

Michael J. Fox waves goodbye to the crowd at the Halifax Metro Centre after giving his keynote speech at the Atlantic Dream Festival on Wednesday. Story, page 3. JEFF HARPER/METRO

City urged to repair unsafe road

Fairmount. Community says HRM neglecting its responsibility when it comes to 'citizens safety'

Crown Drive isn't able to handle the thousands of vehicles that drive along the narrow roadway every day, and the city must fix the problem before someone is killed, say residents living in the Halifax subdivision.

About 60 of them showed up to Bethany United Church Wednesday evening to voice their disappointment, and at times disgust, over how a 23-foot-wide road built in the 1930s could evolve into a main feeder of the growing Fairmount community, especially its new subdivision.

"We need a third-party traffic study and we need stepped-up enforcement," said Larry

Quoted

"It's obvious to us that the city takes development a lot more serious than citizens' safety."

Daniel McNeil

Centa, who has been living on the road for the past 22 years. "I hate to say it but I don't think the city will do anything to address the problem."

The Concerned Citizens Action Group hosted the meeting and delivered a detailed presentation showing that traffic on the artery has skyrocketed to more than 2,000 vehicles a day currently from about 100 vehicles 24 years ago. "It can't carry the kind of traffic it's taking and still be safe," said area resident Robert Street.

The group also launched a petition calling on the city's traffic authority to commit to a

third-party study to address the issue.

Because there isn't a proper entrance and exit into the new Fairmount subdivision, traffic on the surrounding roadways, such as Brook Street and especially Fenerty Road, is also increasing dramatically.

Beyond that, residents complained about speeding on the roadway, which has no sidewalks. They discussed ways to address the problem from speed bumps, to alternative entrance and exit routes. Most acknowledged a third-party study was the way to start.

Daniel McNeil, a member of the action group who delivered the presentation, is giving the traffic authority three options: to close off Crown and open off Northwest Arm Drive, put speed bumps on Crown or make it a one-way street, any of which, he said must be approved by a third-party.

ANDREW RANKIN/METRO



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A full-page fashion advertisement featuring Lana Del Rey. She is standing in a blue-tinted industrial setting, wearing a white cable-knit sweater and black leather leggings. The sweater has a textured, ribbed pattern. The background shows pipes and structural elements of a building's interior.

Lana Del Rey wears

Sweater
\$17.95

H&M

Crime

Cops hunt for bank robber

Halifax police are looking for a man who held up the TD Canada Trust on Spring Garden Road on Wednesday morning.

At about 10:30 a.m., police say a man entered the bank, threatened staff and demanded cash from a teller.

No one was hurt, and police say no weapon was seen. The man fled the scene on foot with an unknown amount of cash.

He is described as white, about 50 years of age, five-foot-five with a medium build. He was wearing a dark puffy jacket and a dark winter tuque. **METRO**

Missing

Police ask for help finding woman



Paulette Doyle HANDOUT

Halifax police are asking for the public's help in locating a missing Dartmouth woman.

Paulette Doyle, 30, hasn't been heard from since last Thursday. Police say Doyle left a friend's house on Highfield Park Drive in Dartmouth around 10 p.m. on Wednesday, then contacted that same friend later in the night to say she was on her way back over. She never arrived. Police don't suspect foul play.

She is described as five-foot-two, 135 pounds with long blond hair. She was last seen wearing a pink shirt, blue jeans and a light-coloured sheepskin coat with fur around the collar and sleeves. Anyone with information on Doyle's whereabouts is asked to contact police at 490-5016.

METRO HALIFAX

Honouring the dead

Citizens march against violence

Several hundred people took to the streets for the annual North Dartmouth March Against Violence on Wednesday night.

The march first began in 2000 to honour Jason MacCullough, a 19-year-old found dead on a path between two buildings in 1999. Police believe his killing was a random act.

METRO



About 2,000 people came out to hear Michael J. Fox deliver his keynote speech at the Atlantic Dream Festival at the Halifax Metro Centre on Wednesday.

JEFF HARPER/METRO

Michael J. Fox inspires in Halifax

Determination. Fox tells Haligonians of Parkinson's diagnosis, being told he wouldn't work again and overcoming the odds

ANDREW RANKIN

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For Michael J. Fox, being diagnosed with Parkinson's disease was like being stuck in the middle of the street with your feet in concrete, knowing the bus is coming but unable to move.

But the beloved Canadian-born and bred actor had a choice, as he told the 2,000 people who showed up to the Halifax Metro Centre to hear the Atlantic Dream Festival's

Quote

"The years I spent coming to terms with Parkinson's disease were the best years of my life."

Michael J. Fox

keynote speaker on Wednesday.

Did he give up or charge ahead?

Anyone familiar with the unstoppable force that is Michael J. Fox knows he opted for the latter.

"Did I ask 'why me?' No," said Fox. "Did I say 'why not me?' No. I believe I said 'this is bulls**t'."

"This might not be the life I expected but my happiness would grow in direct proportion to my acceptance and inverse proportion to my expectation."

The three-time Emmy award winner, still blessed

with loads of boyish charm, laid out his story of joy, pain and overcoming massive odds with humour aplenty.

After being diagnosed with the debilitating disease in 1991, Fox was told his career would end in 10 years. However, he continues to be a TV star and the Michael J. Fox Foundation has raised \$290 million worldwide in an effort to find a cure for Parkinson's disease.

Judging by his story, he's approached his entire life and career with humour and optimism, whether being a starving actor in Hollywood negotiating his first Family Ties

contract through a payphone, or surviving the London opening of Back to the Future with the Royals in London with Princess Diana seated right beside him. Needing to pee, he didn't have it in him to leave the theatre for fear of offending Diana.

"She looked so smoking hot," he said.

He always returned back to his point: 'Don't play the result.' Life is a spontaneous journey meant to be lived to the fullest.

Ending his lively performance with a bang, he recited a memorable New York Times article describing a woman in Mozambique who gave birth in a tree during a flood.

"When my daughters come to me with seemingly unsolvable problems, I look at them and say a lady had a baby in a tree. What do you got?"

Large crowd turns out to hear Canadian celebrities talk

Just after being diagnosed with breast cancer, Arlene Marchand decided she wouldn't let the disease prevent her from living her life on her terms.

"I decided I wasn't going to do anything more that I didn't want to do," she said.

That was four years ago, and now she's cancer-free running her own jewelry business worth more than \$5 million.

Marchand was among the 2,000 people who showed up to the Metro Centre Wednesday

to hear the Atlantic Dream Festival's keynote speaker Michael J. Fox.

She found plenty of inspiration in Fox's moving speech, which was punctuated by his trademark humour.

"He was very determined to take what he had and turn it into something positive," said Marchand. "Many people would see that as an issue or be broken by it. But he hasn't. Bad things happen but he's proof that you can turn them into

something good."

Wednesday's event also featured one of Dragon's Den hosts, Bruce Croxon, and design superstar Debbie Travis.

While Croxon stressed the importance of teamwork and grueling hard work, Travis was a tad more boisterous in her delivery, championing the importance of risk taking.

"Mistakes create solutions and solutions create magic," she said.

ANDREW RANKIN/METRO HALIFAX



Lifestyle icon Debbie Travis talks at the Atlantic Dream Festival on Wednesday. JEFF HARPER/METRO

The race to represent: Council contests draw healthy crowd

District races. Chamber, environmentalist urge voters to think of 'big picture'



RUTH DAVENPORT
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Although the mayor's race will get most of the attention in Saturday's municipal election, the district races are among the most hotly contested in recent memory.

The smaller regional council has attracted 60 contenders for 16 seats who will set policy on everything from tax rates to festival funding over the next four years.

But members of two local special interest groups say voters should consider which candidates have a vision for the entire municipality on specific, high-level issues.

"This council has four years to position itself as strategic visionaries," said Nancy Conrad, senior vice-president of policy for the Halifax Chamber of Commerce. "Yes, it's important to be concerned about issues in the various districts, but it can't consume council — because they have a bigger job to do."

Conrad says the chamber wants the new council to focus on streamlining the development-approval process, reducing the commercial tax burden and improving transportation mechanisms

Quoted



"We'll be looking for the new council and mayor to be saying, 'Yes, that's who we are.' We want them to be the chief salesmen for our city."

Nancy Conrad, Halifax Chamber of Commerce

for people and goods — and steer clear of arguments over day-to-day concerns that can be handled by staff and administrators.

"If you are looking at big-picture issues and how to grow the city economically ... that means more jobs, better incomes, more money for things like schools," she said.

The president of the Sackville Rivers Association says

council also needs to concern itself with big-picture issues that can lead to trickle-down problems.

Walter Regan says environmental issues such as floodplain mapping and a topsoil-removal bylaw will mitigate the collateral damage currently being caused by increased and poorly regulated development.

"That last big rain we had two weeks ago, there was over

60 flooding events in Sackville," he said. "This is hundreds of thousands of dollars, if not millions to address, and we don't have a plan in place."

Regan says he's in favour of increased development but more sustainably — and at less of a cost to the taxpayer.

"Urban sprawl is costing the taxpayer many thousands of dollars per individual because it costs millions of dollars to run a water or sewer line and maintain those," he said.

Both Regan and Conrad say voters need to consider the me-first issues alongside the municipality's future and try to balance the two when choosing an elected representative.

"What affects downtown is going to affect the coun-

Seats available in 2012

16

2012 election: 60 candidates running for 16 positions. No acclamations.

Seats available in 2008

23

2008 election: 57 candidates running for 23 positions. Four acclamations.

try and what's in the country will affect what's downtown," said Regan. "The council has to manage sustainably and start thinking of these broader issues."



A Halifax regional council meeting from earlier this year. METRO FILE

Where have all the women gone in upcoming election?

Women remain woefully underrepresented in the 2012 municipal election.

Of the 66 people running for mayor or council, just 17 — barely 28 per cent — are women.

That's lower than in 2008, when women represented an even 30 per cent of the candidates — but on par with figures at the provincial and federal level.

"It's disappointing, but not necessarily surprising,"

said Tammy Findlay, associate professor of Canadian and political studies at Mount Saint Vincent University.

Findlay says women may choose to stay out of political life because of unkind media scrutiny and distaste for the adversarial climate, but a campaign is often just too much to juggle.

"We know women still do the bulk of domestic work at home and they're also try-

ing to balance that with paid work," she said. "It's really expensive to run, so issues around fundraising are still key barriers for women."

Although women are increasingly engaged in activism outside the political process, Findlay says it's key to have a more visible presence in election campaigns and on elected bodies.

"It's symbolically important. If young women see other women doing it,

Quoted

"Women are much more likely to run if they're recruited or approached by someone and asked to do it, and that's still not happening.... It's going to take a huge change and shift in culture for that to happen."

Tammy Findlay, Mount Saint Vincent University associate professor

they're going to be more likely to see that as an option for them," she said. "These are our public representatives

and these positions should be reflective of all of us."

The statistics on female representation in Canada

haven't improved in the last few decades, and Findlay says they likely won't without drastic measures.

"If you talk about quotas or that kind of thing, people tend to react badly in Canada," she said. "But if you look at any ranking of countries in terms of women's representation, the ones at the top ... actively recruit women and they have targets they try to meet."

RUTH DAVENPORT/METRO

Meet the contestants! Council candidates on the spot

We asked all council candidates to tell us, in roughly 50 words, why they should be the next representative in their district. Below are the responses for Districts 1-8 candidates. Look for Districts 9-16 candidates' answers in Friday's paper.

1

District 1:
Waverley -
Fall River -
Musquodoboit
Valley

Barry Dalrymple:

I am asking for residents' support to continue the many successes and projects from the past four years. We need to continue to build infrastructure and implement our Traffic, Watershed Protection and Vision Plans. I want to continue supporting our volunteer organizations, recreation facilities and groups, and continue our planned growth.

Steve Streach: Elected four times to council, I am running on a proven track record of success by identifying and being responsive to local issues, taking action and getting results on behalf of the people I represent. I will assure our district has great influence, playing a prominent role in the future of HRM.

2

District 2:
Preston -
Porters Lake -
Eastern Shore

Laurie Cook:
Laurie Cook is a professional

facilitator who has grassroots experience getting things done. She chaired the first rural community visioning process in HRM in Musquodoboit Harbour, and based on the community's input, she then co-founded and helped develop The Old School Community Gathering Place and MusGo Rider.

Will Gilligan: I want to be councillor for the new District 2. I believe in this community, its way of life, and its people. I bring with me over 20 years' experience as a community leader through organizing and participating in community fundraising events, and over 20 years of management and customer service skills.

David Hendsbee: As the only candidate with extensive experience and proven leadership, the new expanded rural District 2 needs a strong voice that is informed of the various issues and aware of the diverse communities' needs that require the attention of HRM. I have a proven reputation of being a fighter and a true community supporter.

Jason Josey: I'm hungry for this job. This district is part of HRM and it's time someone reminds council of that. I understand what the people here really want. I will ensure our voices are finally heard. The job of a councillor is to

represent and work for the people, not the other way around.

Keith Leahy: As a life long resident of District 2, I know this area, the people and the issues well. I am a local business owner and have had the opportunity to work in diverse fields allowing me to develop professional knowledge that I can bring to resolving issues and creating solutions within council for our district.

Gail MacQuarrie: Born and bred here, 35 years working with people in communities as a teacher, volunteer, business owner and transit operator. Training, experience and education working as a facilitator of community concerns. Huge familiarity with entire district and individual concerns. No outside commitments or family responsibilities to take away from job.

3

District 3:
Dartmouth
South - Eastern
Passage

Jackie Barkhouse:
As councillor for District 8, which covers

half of the new District 3, I have a track record of actually listening to residents and getting things done for them, from new parks to crosswalks, while standing up for tax fairness and open, accountable government to make city hall work.

Bill Karsten: I have always had a strong commitment to serve! I believe my experience and hard work in both my previous business career and council have shown that I have a proven track record to being able to represent the residents of this new district effectively and get things done!

Jim MacDonald: HRM needs councillors that are able to engage the whole of the communities within their districts, councillors that envision the future of their district's communities; that work "cooperatively" and "openly" with each other for the greater good of HRM. I believe I am that councillor for District 3.

4

District 4:
Cole Harbour -
Westphal

Angela Jones: My role as an HRM lawyer for the past 15 years

makes me uniquely qualified to provide strong representation and leadership as council-



Construction continues inside Halifax City Hall and the council chamber, which is being redone to fit the reduced council size of 16. JEFF HARPER/METRO

lor for District 4. I know how the municipality functions — what works and what needs to be improved. I pledge to work hard to promote the interests of Cole Harbour-Westphal at Regional Council.

Lorelei Nicoll: I have a 26-year history of community involvement in Cole Harbour-Westphal. Unlike other candidates, I live in the district — I know it well, I support its businesses daily. I am accessible and responsive. I have initiated many beneficial projects and I am seeking re-election to see them completed.

Barry Smith: It is my opinion that, on Oct. 20, I'm the candidate that should lead our community of District 4, because of my business experience, as well as my willingness to listen to the families and business community and move it forward to the future. I thank my district for the privilege of speaking with them at their homes.

5

District 5:
Dartmouth
Centre

Sam Austin:
I have the expertise and knowledge, including

a masters degree in urban planning, to move Dartmouth and HRM forward. Downtown development, transportation, taxation and the environment are all connected and need a coherent approach. I'll bring new energy, ideas and a fresh perspective. Together, we can build a better Dartmouth.

Ken Bowman: I am committed to making a difference in District 5. With my new ideas, work ethic, and a strong financial industry background, I will help solidify Dartmouth's great future. Concentrating on growth and development,

Dartmouth Centre will become a force to be reckoned with.

Sonya Dudka: I will be the strong new voice and promise to provide positive forward-looking leadership for District 5 and for HRM Council. I believe in an ongoing citizen engagement process so that you can have your say in what our community and city will become.

Bryn Jones-Vaillancourt: I believe I should represent Dartmouth Centre, because I'll put people first and ensure that everyone is included. I want to repair the relationship between City Hall and Dartmouth Centre. I see a Dartmouth where our focus is a healthy, inclusive community: Strong public transit, affordable recreation, and green space.

Gloria McCluskey: I have served the residents of Dartmouth for almost 20 years. I have proven I have a good work ethic, I am accessible and accountable. I always use common sense when faced with tough decisions. I am fiscally responsible as evidenced by my successful push resulting in the hiring of HRM's first auditor general.

Kate Watson: Oct. 20 will bring a new mayor and a pared-down council to HRM... a council that must work cooperatively. It must listen — and answer to — its citizens. As a journalist, I pride myself on my ability to ask, listen and act. I'm ready to use these skills to represent Dartmouth Centre.

Bill Zebedee: I am the only new candidate with the community leadership experience to bring about a new vision of Dartmouth Centre. I've been to every neighbourhood to hear your issues. As a transit user, affordable housing advocate

and having experienced poverty, I can represent all residents and build an inclusive community.

6

District 6:
Harbourview -
Burnside -
Dartmouth
East

Darren Fisher: I grew up in Dartmouth and

have lived here for over 40 years. I am raising my family here, participating in sports and recreation here, and volunteering my time to help make my community a better place. I want to be a part of this new council and continue my work for the people of Dartmouth.

Jerry Pye: There are two reasons why I should represent District 6. The first is my experience as a Dartmouth City councillor and as MLA for Dartmouth North. The second is that this experience will allow me to be a strong voice for my community on HRM Council.

7

District 7:
Peninsula
South -
Downtown

Mike MacDonell: I think I would be the best repre-

sentative of my district as that is exactly what I am here to do; be a representative. I didn't run in this to offer up my "better ideas" but to act on behalf of the whole community and their wishes regardless if it conflicts with my own views.

Wayne Mason: Halifax needs change. District 7 is ready for a new representative to fix our broken council, grow HRM sustainably, and spend smarter. I will bring new ideas for Halifax, I am committed to open government, and I will get the support of council for desperately needed investments in Halifax's core.

Dawgfather PHD: I'm the only candidate who promises to protect the constitutional Section 8, rights of homeowners against HRM staff entering their property without a warrant from the court just because of a complaint. If change is what you really want in D7, a vote for Dawgfather PHD will guarantee it folks!

Sue Uteck: I have represented the residents of District 13 since 1999. I bring a strong voice, experience and the knowledge to make things happen. My record of accomplishments speaks for itself. I am committed to full time

representation. On Oct. 20, I ask for your support.

Gerry Walsh: We need a council with a clear vision and direction. We also need councillors who are accountable for their actions. I am a professional accountant, small business owner, founder of Blue Nose Marathon, and life-long resident of District 7. Let's build a great city together.

8

District 8:
Peninsula
North

James McKay: I will maintain the character of the North End and serve

the community as our city and our neighbourhood experiences tremendous growth and the challenges that will accompany it.

Karen Dempsey: After four decades' working in the fields of organizational management, business, advocacy, and education, I have the depth of experience to give the citizens of the North End the best possible representation. I'm committed to accountability/transparency, can ask the tough questions, and make the tough decisions. I would be honoured to represent this district.

Doug MacDonald: I feel the citizens of District 8 want change. They want their councillor to bring strong and transparent representation, a clean and safe community, efficient, affordable transit and housing, a fair tax system, recreation programs and development that fits the needs of all residents with consultation. If elected I will be that representative.

Dawn Sloane: With a new Regional Council District 8 needs an experienced representative who has demonstrated their willingness to exceed practical experience by investing their own time into educating themselves regarding municipal governance. I have done so and will consistently serve the citizens and businesses to the upmost of my ability.

Jennifer Watts: Born and raised in the North End, I have four years experience on council, a Masters in Urban/Rural Planning, and have raised two kids on the peninsula. I promote sustainable transportation, public spaces, cultural and arts programs, affordable housing and consultation with residents on changes in their neighbourhoods.

RUTH DAVENPORT/METRO

Salvage operation. Latest MV Miner delay could be last, Shah warns

As the province awaits a report from an independent engineer on the safety of a plan to remove the derelict bulk carrier MV Miner from Scatarie Island, a New York-based salvage company says the next delay could be the last one.

The province issued a stop-work order late on Friday to the Bennington Group, forcing the company to hire an independent engineer to assess the structural integrity of the vessel before work can begin.

It is the latest in a long list of delays, which have pushed the operation from its original start date of July 10.

"This is not the last straw that is going to break my back, but hopefully the goalpost does not change from here, because if it does there is nothing I can do," said Abe Shah, chief operating officer of the Bennington Group.

"This is a request. They are trying to safeguard the people

Now hear this

- Provincial officials issued a verbal stop-work order on Friday and followed up with a written order on Monday.

that are going to be on the ship. If I think it is fair or not, that is another question, but as far as they are concerned, they are doing their job."

Shah said the independent engineer was on Scatarie Island on Tuesday to assess MV Miner and prepare a report that was expected to be sent to the province on Wednesday evening.

If the report is not accepted, it's expected Bennington will walk away from the operation.

But Shah said he expects the report to be accepted and work to begin by Monday.

CAPE BRETON POST

Ruling. Native group allowed to protest at Muskrat Falls site

Crown corporation Nalcor Energy must make a "safety zone" for First Nations protesters near the Muskrat Falls site in Labrador, says a court ruling that tries to uphold protest rights and avoid costly construction delays.

"I'm concerned about both sides here being protected," Judge Wayne Dymond of provincial Supreme Court said on Wednesday in St. John's.

He issued an interim injunction that replaces a more restrictive order dated last Thursday as the matter heads to Supreme Court in Happy Valley-Goose Bay for more exten-

By the numbers

\$6.2B

Nalcor is building a road and campsite off the highway to be ready if the Newfoundland and Labrador government approves, as expected, a hydro megaproject that will top \$6.2 billion.

sive hearings on Nov. 6 and 7.

The temporary order allows protesters to gather in the safety zone but restricts them from stopping or blocking vehicles entering the Muskrat Falls site.

THE CANADIAN PRESS

Public mischief

Man charged after golf carts torched

A 33-year-old man from Shelburne County is facing more than a dozen charges in connection with a fire two years ago at the Pubnico Golf and Country Club in Yarmouth County.

Police say the fire happened on Aug. 5, 2010, and several golf carts were destroyed, resulting in \$140,000 in damages. New information recently came forward, police say, and a man was arrested and charged with 14 counts of mischief over \$5,000. He will appear in court on Nov. 27. METRO

Washed ashore

Black Point whales taken to compost site

The Minke whale and her calf that washed up on Black Point Beach over the weekend have been removed and taken to the Mt. William Landfill site, Pictou County CAO Brian Cullen says.

Cullen says the original plan was to bury the whales a short distance from the beach, but instead they were loaded into a container and taken to the landfill, where they will be composted. He says it would have been a challenge to bury animals so large. NEW GLASGOW NEWS



Now that's what we call a can-do attitude

Dawn MacLachlan puts the finishing touches on a tower made of canned food for Feed Nova Scotia's Construction event at the Halifax Shopping Centre. MacLachlan was part of a team that included staff at Mac Interior Design and Floors Plus. JEFF HARPER/METRO

'Black Widow' marriage not registered: Groom

Melissa Weeks case.

Accused poisoner has been married several times and gone by several last names

Memory lapse

"I remember the wedding, that was all, and things got kind of blank.... I think it's the drugs — pretty powerful drugs I received from somebody."

Fred Weeks

A man who wed a woman dubbed the "Black Widow" for her criminal record linked to previous relationships says he is not legally married to her, two weeks after she was charged with trying to kill him.

Fred Weeks said in an interview that Nova Scotia's Vital Statistics division sent him a letter saying it would not register his marriage

to 77-year-old Melissa Ann Weeks because false information had been provided on the marriage document.

"I'm not married to her," Weeks, 75, told The Canadian Press from his home in New Glasgow. "(Weeks is) not her name."

Weeks made the comments after being released from hospital in Sydney. Police allege Melissa Weeks

gave her new husband a noxious substance, listed in court documents as the tranquilizer benzodiazepine.

She was charged on Oct. 2 with attempted murder and administering the drug. She is due in Sydney provincial court next week for a bail hearing. None of the charges have been proven in court.

Weeks said he has little recollection of what took

place between the time the pair married on Sept. 25 and when he returned home from hospital early the next week.

"I was heavily sedated by whomever, I don't know. I'm not accusing anyone," he said, adding his memories come and go and that he has trouble recalling dates, daily chores and events.

"I don't remember anything at all about waking up in Sydney. ... My memory is coming back piece by piece."

Weeks didn't want to discuss the allegations against Melissa Weeks or how he feels about their relationship.

THE CANADIAN PRESS

Cruise-ship passenger still missing: Police

Police are asking again for information in the missing-person case of a cruise-ship passenger from the U.S.

Halifax Regional Police issued a release this month asking for public help in finding Sarah Tessier Powell, 70, who was last seen on Sept. 30 aboard the Holland America cruise ship Veendam.

Since then, the ship has



Sarah Tessier Powell
CONTRIBUTED

left the ship at some point without being checked by se-

ma de stops in Charlottetown, Sydney and Halifax and it's believed Powell may have

curity.

In another press release issued on Wednesday, police said tips have come in, but they haven't been able to find Powell, who is from Louisiana.

Police believe she is somewhere in the Maritimes and don't believe she has met with foul play. However, police say she needs regular medication

and could become "agitated" without it.

Powell is described as white and five-foot-six with a thin build and brown shoulder-length hair. She speaks with a Southern accent.

Anyone with information on Powell's whereabouts is asked to contact Halifax Regional Police at 490-5016.

PHILIP CROUCHER/METRO



GMC



— FROM O'REGAN'S ON ROBIE DEPT OF — CLEAROUT PRICES



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*\$14,000 includes all factory to dealer incentives. Customers may also be eligible for additional savings with Cash & Charge, GM Visa, Canadian Finance Credit and Student Finance. Purchase offer includes freight, tax and license. 2012 Silverado payment includes freight and 36 month program. Tax and delivery fees are extra. Visit O'Regan's on Robie for complete details.

XL takeover restores joy to Alta. city

Beef-recall aftermath. 'That's positive news,' says elated mayor of Brooks, whose hopes are high for plant's laid-off workers

Weeks of worry and uncertainty in a southern Alberta community hit by the XL scandal turned in a single moment to a wave of optimism.

It came with word that a U.S. company is taking over the plant at the heart of the recent beef recall.

JBS USA, a subsidiary of Brazilian-based JBS S.A., surprised almost everyone Wednesday with a late-afternoon news release announcing it has assumed management of XL Foods in Brooks, Alta.

From its headquarters in Greeley, Colo., JBS said it has an exclusive option to buy the Canadian and U.S. operations of the company.

It was an unexpected de-

velopment in a dramatic saga that began last month when the Brooks plant — one of Canada's largest beef processors — was closed over E. coli contamination.

Earlier, Brooks Mayor Martin Shields said the community has been in turmoil over the troubles at XL Foods. By suppertime, he was elated.

"That's positive news," he said. "This means the plant is going to be back in operation."

Shields said he had not been personally contacted by JBS officials, but would welcome their arrival.

"They really are big," he said. "Obviously they're coming in to manage a plant with the option to purchase and what you would hope is they actually do purchase it, that it just isn't a drive-by happening."

The 2,200 people who work at XL were laid off last week. About 800 were recalled temporarily Tuesday to finish processing beef carcasses. **THE CANADIAN PRESS**

Taking a trip to court

Two lawsuits, including a class action, have been filed in British Columbia related to the XL Foods beef recall.

- **One.** Vancouver resident Erin Thornton has filed a statement of claim in B.C. Supreme Court proposing a class-action lawsuit for

people who fell ill from E. coli and those who had to throw out recalled beef.

- **Two.** A lawsuit was filed on behalf of 15-year-old Cody Farmer from Nanaimo, B.C., who allegedly required surgery after he was exposed to E. coli.



For a young suspected crack addict, help is at hand

Is he ashamed or just trying to hide his identity? This young suspected crack user is escorted by a welfare worker to a van that will take him to a shelter near the Parque Uniao slum in Rio de Janeiro on Wednesday. Health officials are locating hundreds of crack addicts suddenly left without drugs after police occupied the city's dangerous slums this week. **FELIPE DANA/THE ASSOCIATED PRESS**

Baby blues. Childless couples seek docs' help

Almost one in seven Canadian couples trying to have a child seeks medical help to conceive, including using in-vitro fertilization, says a Statistics Canada report released Wednesday.

Age was a big factor: Data show couples in which the woman was aged 35 to 44 were two to three times more likely to seek help than were couples in which the woman

was 25 to 29.

The survey also found that childless couples were four to five times more likely to seek medical assistance than were those with at least one child.

More couples are delaying childbirth. Since 1984, the percentage of first-born children with mothers aged 35 or older has tripled to 11 per cent, the report says.

THE CANADIAN PRESS

Some hangover! 50-day binge sparks alleged flap

A Ukrainian man, hung over from a 50-day drinking binge, sparked an uproar on a Delta Air Lines flight and had to be wrestled to the floor by passengers, it's alleged.

Anatoliy N. Baranovich, 46, woke up during the plane's descent to Salt Lake City, started yelling in Russian and tried to open the rear exit door, damaging the plane's fuselage, a criminal

complaint says.

According to the document filed in court, Baranovich had been visiting family in the Ukraine for several weeks in an attempt to begin construction on a house.

Unsuccessful, he instead got drunk for the entire 50 days and "never sobered up."

A detention hearing has been scheduled for Friday.

THE ASSOCIATED PRESS

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CANADIANS ARE POLITICALLY SHY



RACHEL DÉCOSTE
For Metro
www.rachelD.ca

I'm a Canadian citizen, and have volunteered for the Liberals in Ontario and Quebec. But right now I'm in Michigan, as a volunteer working on U.S. President Barack Obama's re-election campaign.

One of the big differences between Canada and the U.S. is that Americans are not coy about which party they support. Canadians often feign being undecided when canvassers ask about their voting intentions; Americans will tell you point-blank, for example, that they are "not supporting a Muslim candidate who makes an assault on their religious rights." In fact, Canadians are so politically shy that it affects the pollsters, who actually have trouble predicting Canadian electoral results.

In Michigan, the people show their political colours quite vividly. So much so that in Detroit the Obama campaign long ago ran out of lawn signs. And in Toledo, Ohio, you can't get a lawn

sign unless you actually donate your time to the campaign.

It's lucky that Americans are so engaged, because their voter registration process is time-consuming. The paperwork poses an obstacle to many would-be voters with low incomes. Thankfully, we Canadians haven't adopted

this backwards bureaucratic burden that hinders participation in democracy.

Differences
"One of the big differences between Canada and the U.S. is that Americans are not coy about which party they support."

But most of all, as I work in the middle of American politics and I approach November 6, I find myself appreciating more and more our Canadian conception of health care, education and the social safety net at large. It differentiates us from our neighbours to the south. Thank goodness I am Canadian.

'Binders full of women' fails to pass truth test

Romney didn't ask for list. Names compiled by coalition of women's groups would have been handed to whoever won Mass. election in 2002

Will "binders full of women" become legendary in American political folklore?

Democrats had their hopes up Wednesday following Mitt Romney's ham-fisted attempt to paint himself as an equal-opportunity employer during his second presidential debate against Barack Obama.

His poor choice of words set off a giddy eruption of social media mockery, lighting up Twitter and spawning a website, a Facebook page and even a song.

Democrats are hoping Romney's maladroitness might damage his reputation among women, in particular. Female voters outnumber men in the U.S.



U.S. Republican presidential candidate and former Massachusetts Gov. Mitt Romney kisses a baby during a campaign stop at Tidewater Community College in Chesapeake, Va., Wednesday. CHARLES DHARAPAK/THE ASSOCIATED PRESS

and are playing a pivotal role in this year's campaign, with women's issues the focus of part of the debate on Tuesday.

Paul Ryan, Romney's No. 2, tried to tamp down some of the ridicule on CBS News on Wednesday morning by lauding his running mate's

commitment to women.

"He has an exceptional record of hiring women in very prominent positions."

Not true, apparently. By the end of Romney's term in Massachusetts, the number of women in high-ranking positions was slightly lower

than it was before he took office. The women he did hire were mostly in junior cabinet positions.

There were also no female partners at Bain Capital when Romney headed the company in the 1980s and 1990s.

THE CANADIAN PRESS

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Police investigate massive art heist

Museum security questioned. Millions of dollars worth of rare paintings stolen from art gallery.

In Hollywood movies, heists usually feature criminals whose meticulous planning are used to avoid detection. But thieves who snatched seven paintings by Picasso, Matisse and Monet worth millions from a gallery in Rotterdam appear to have taken a less glamorous approach, relying mostly on speed and brute force.

Police said Wednesday they had no suspects in the case, the largest art heist in the country for more than a decade.

Museum director Emily Ansenk rejected criticism of the museum's safeguards. Speaking at a news conference Tuesday evening, she defended Kunst-thal's security as "state of the art" and noted that insurance companies had agreed to insure the exhibition.



A man admiring the paintings at the Kunsthal museum.

PETER DEJONG/ASSOCIATED PRESS

And yet the thieves got away. The paintings they took are estimated to be worth roughly \$100 million if sold at auction.

The theft raises questions about whether security at the Kunsthal museum, which was

designed by renowned Dutch architect Rem Koolhaas, was sufficient to protect paintings worth millions of dollars each. Experts said features of the building's design and location itself may have been what initially attracted criminals.

"Speaking as a museum-goer, it's fantastic," museum security expert Ton Cremers said. "Speaking as a security expert, it's a total nightmare."

The gallery is located aside a large road that leads to a roundabout, less than a mile away, linking to highways heading in three directions. The display space where the paintings once hung is a large square area, at ground level, visible from outside through glass walls.

The break-in occurred at around 3 a.m. Tuesday, police say, after someone triggered an alarm. The paintings had been grabbed violently from the walls, leaving only white spaces and hanging wires dangling behind. Police spokesman Henk van der Velde said Wednesday the investigation is proceeding and there are no suspects.

THE ASSOCIATED PRESS

Paul Gauguin



Girl in Front of Open Window

Pablo Picasso



Harlequin Head

Meyer de Haan



Self-Portrait

Tension on the pitch

Prime minister looks for justice

Serbia's prime minister has ordered a police probe into the scuffle and allegations of racist abuse during a Serbia-England under-21 football match, but said it was too soon to say whether the claims of racism were true.

Ivica Dacic said Wednesday that everyone who took part in the scuffles that broke out on the pitch between the players and officials from both teams after Tuesday's match must be identified and brought to justice.

THE ASSOCIATED PRESS

Unarmed

Toews won't jump the gun

Public Safety Minister Vic Toews says he's not interested in speeding up the arming of border guards, despite the shooting Tuesday that sent a guard at a B.C. crossing to hospital with a gunshot wound.

THE CANADIAN PRESS

Tied up

17-year-old escapes captivity

Police say a 17-year-old girl who was kidnapped after she left a club in northern Germany and allegedly raped while in captivity has escaped.

Officials said Wednesday they have arrested a 28-year-old suspect with a previous rape conviction. He is alleged to have kidnapped her at knifepoint in Rostock on Friday night and taken her to his apartment, where he beat her up and tied her up.

THE ASSOCIATED PRESS

Facing charges

Standoff ends 27 hours later

An Ontario man involved in a 27-hour long standoff with police is set to appear in court today on charges related to an alleged armed kidnapping.

The standoff began early Tuesday morning when officers in Whitby, Ont., surrounded an auto shop where police say a man with a handgun had barricaded himself. THE CANADIAN PRESS



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Sask. child rescued in pedophile investigation

Operation Snapshot.

Police worked across five provinces and territories before uncovering 'hundreds of thousands' of pornographic images



ROB BROWN
Metro in Regina

An interprovincial investigation team targeting online pedophiles rescued a Saskatoon child while working on 30 child-pornography cases.

Representatives from most of the 14 Canadian police operations that make up Operation Snapshot revealed details of their ongoing investigation on Wednesday at RCMP F division headquarters in Regina.

The operation spanned Alberta, Saskatchewan, Manitoba, Nunavut and the Northwest Territories.

"There were hundreds of thousands of images," said Det. Sgt. Darren Parisien, lead investigator with the Saskatoon police. He said most of the investigations involved some form of undercover work.

"They involved us going to places where people are sharing and creating child pornography," said Parisien.

"We are undercover posing as children and posing as offenders. We go where kids go. That's where predators go."

Charges stemming from the investigations include sexual assault, indecent exposure, invitation to sexual touching, Internet luring, making child pornography,



Saskatoon police Det. Sgt. Darren Parisien, a member of an interprovincial investigative team tracking child pornographers and pedophiles, briefs the media on Wednesday at RCMP F Division Headquarters in Regina. ROB BROWN/METRO IN REGINA

as well as accessing, possessing and distributing child pornography.

Parisien said one offender caught with a 14-year-old in Saskatoon has already pleaded guilty to charges and is currently serving a 30-month sentence.

RCMP Insp. Pierre Leduc of the Canadian Centre for Missing and Exploited Children said the operation's primary focus was to help children.

"This sends a message to

those at large today," said Leduc.

Parisien said that many of the images were of children under 12 and he's seeing a much more horrifying trend in the photos.

"We're seeing infants and toddlers — children who can't speak yet," said Parisien. "Disturbing."

While the images come from every corner of the world, Parisien said, the majority originate in North America.

Operation numbers

- Agencies involved: 14
- New investigations: 30
- Arrests to date: 19
- Devices seized: More than 100 computers, 1,000 discs
- Investigations: Alta., 9; Sask., 13; Man., 7

\$5M N.Y. lottery prize

Brothers claim big win 6 years late

Two Palestinian-immigrant brothers have claimed a \$5-million lottery prize for a scratch-off ticket they bought at their parents' store six years ago, state officials said. Andy Ashkar, and Nayel Ashkar came forward just 11 days before the top prize would have expired. The younger brother said he waited because he was concerned the windfall could "negatively influence" his life if he didn't plan properly before being publicly introduced as the winner. THE ASSOCIATED PRESS

Lost and found

Tropical octopus found in L.A.

A baseball-sized octopus usually found only in the tropics has been scooped up by fishermen off Los Angeles, and aquarium officials are fascinated. Unusually warm fall weather and balmy ocean currents have created perfect conditions for the female Argonaut, or paper nautilus, rarely seen in Southern California. The Torrance Daily Breeze reports fishermen who accidentally landed the octopus took it to an aquarium this week. THE ASSOCIATED PRESS

Not naming names

Minister cagey on cyber-security

The federal government is concerned about its own cyber-security, but the public safety minister refused to say Wednesday where the potential threats are coming from. While the U.S. and other countries have publicly called out Chinese-owned firms as being among the dangers, Vic Toews said he sees no reason to name names — at least right now. THE CANADIAN PRESS

Mexico

DNA of drug lord's parents sought

Mexico's top anti-drug prosecutor says authorities are seeking permits to exhume the remains of the parents of deceased drug lord Heriberto Lazcano, to obtain material for DNA testing. Testing is aimed at confirming that a body stolen from a funeral home Oct. 8 was indeed Lazcano's. The navy says his body was identified through fingerprints after a shootout on Oct. 7. THE ASSOCIATED PRESS

U.S. Violent-crime rate up 18% over last year

Perspective

"2011 may be worse than 2010, but it was also the second best in recent history."

James Alan Fox, Northeastern University criminology professor

The number of violent crimes unexpectedly rose by 18 per cent in the U.S. last year, the government said Wednesday, the first time that total has risen in nearly 20 years. Property crimes went up by 11 per cent, their first increase in a decade.

Academic experts cautioned that the new figures do not necessarily signal an end to the long era of declining crime.

The increase in violent crime was the result of an upward swing in assaults, which rose 22 per cent, from four million in 2010 to five million last year. The incidence of rape, sexual assault and robbery remained largely unchanged, as did serious violent crime in-

volving weapons or injury.

The U.S. Bureau of Justice Statistics said the percentage increases last year were so large primarily because the 2011 crime totals were compared to historically low levels of crime in 2010. Violent crime has fallen by 65 per cent since 1993, from 16.8 million to 5.8 million last year. THE ASSOCIATED PRESS



An increase in violent crime was the result of an upward swing in assaults, which rose 22 per cent, from 4 million in 2010 to 5 million last year. THE CANADIAN PRESS FILE

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Evacuated. U.S. Embassy in Stockholm receives unknown powder in mail

The U.S. Embassy in Stockholm was evacuated Wednesday after receiving a letter containing an unknown substance, police said.

Bomb-disposal experts were sent to the embassy to remove the letter and analyze its contents. Streets around the embassy were closed but reopened after police had removed the letter.

Police declined to give de-

tails on the content, but spokesman Daniel Granstrom told Swedish tabloid Expressen it contained some kind of "powder." Asked if the substance was dangerous, he said "it may have been dangerous, but it's not dangerous now."

An embassy spokesman said the embassy was evacuated and that officials were investigating "a possible security incident."

THE ASSOCIATED PRESS



Swedish police and emergency workers arrive at the U.S. Embassy in Stockholm on Wednesday to investigate a suspicious package.

CLAUDIO BRESCIANI/THE ASSOCIATED PRESS

Human Rights Watch. Libyan rebels executed Gadhafi fighters: Report

Libyan rebels appear to have "summarily executed" scores of fighters loyal to Moammar Gadhafi, and probably the dictator himself, when they overran his hometown a year ago, a human-rights group said Wednesday.

The 50-page report by Human Rights Watch on alleged rebel abuses that followed

the October 2011 capture of the city of Sirte in the final major battle of the eight-month civil war is one of the most detailed descriptions of what the group says were war crimes committed by the militias that toppled Gadhafi, and which still play a major role in Libyan politics today.

THE ASSOCIATED PRESS

Probe of leftist leader another clear sign of Kremlin crackdown

Russian propaganda?

Political activist, who has led several anti-Putin protests, denies charges stemming from Kremlin-friendly documentary

In a new sign of a widening Kremlin crackdown on the opposition, investigators on Wednesday opened a criminal probe against leftist leader Sergei Udaltsov and several other activists for allegedly planning mass riots.

Russia's top investigative agency said it also will investigate claims made in a recent documentary aired by a Kremlin-friendly TV channel that opposition leaders worked with Georgian officials to prepare terrorist attacks across Russia.

Udaltsov, 35, a leather-clad, shaven-headed leader of the Left Front opposition movement, has denied the charges stemming from the documentary, which he said was a sham.

The agency did not say whether Udaltsov and others had actually carried out any of their alleged plans.

The criminal case comes as the opposition is bracing for an online election of its co-ordination council this weekend. Udaltsov is running.

Udaltsov, who wore a Stalin T-shirt for his wedding, has led anti-Putin protests for sev-

Footage in question

The documentary aired last week on NTV, a channel seen as a propaganda arm of the Kremlin.

- **Raising funds.** It showed what it says was footage of the Left Front leader meeting with officials from neighbouring Georgia to discuss raising funds for protests against President Vladimir Putin.

- **Demonstrations.** In late 2011 and early this year, a series of massive peaceful demonstrations against Putin were held in Moscow and drew more than 100,000 people.

eral years, focusing on unsanctioned marches and rallies.

A great-grandson of a Bolshevik revolutionary, he has been arrested more than 100 times during his political career and spent months in prison. He has launched many hunger strikes while in custody.

Investigators, backed by armed men wearing ski masks, searched Udaltsov's apartment in south Moscow for more than five hours on Wednesday. The home of his parents was also searched, said Violetta Volkova, Udaltsov's lawyer.

"I'm going to hold on until the end, and I won't be quiet,"



Russian opposition leader Sergei Udaltsov is escorted by police officers for questioning in Moscow, Wednesday. In a new sign of a widening crackdown on Russia's opposition, investigators opened a criminal probe against the leftist leader and several other activists for allegedly plotting mass riots.

MIKHAIL METZEL/THE ASSOCIATED PRESS

Udaltsov said as he left his home for questioning escorted by masked armed police. "It's a wave of new repression."

In addition to Udaltsov, the criminal investigation is target-

ing two other leftist activists, one of whom, Konstantin Lebedev, was detained for 48 hours following brief questioning, Volkova said.

THE ASSOCIATED PRESS



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Multivitamins spring a cancer surprise



Multivitamins modestly lowered the cancer risk in a group of doctors who took them for more than a decade, a new study says. THE ASSOCIATED PRESS

Risk cut by 8 per cent.
But is popping these pills as effective as good diet and exercise? Experts say another study needed

Are multivitamins a perfect prescription for good health? They modestly lowered the risk of cancer in healthy male

doctors who took them for more than a decade, a study has found.

The result is a surprise — many studies of individual vitamins have found they don't help prevent chronic diseases and some have even caused problems.

In the new study, multivitamins cut the chance of developing cancer by eight per cent.

That is less effective than a good diet, exercise and not

Quoted

"I'm not sure it's significant enough to recommend to anyone."

Dr. Ernest Hawk, University of Texas cancer-prevention expert, on his doubts about the importance of the findings

have different results in women, younger men or people less healthy than those in this study.

About one-third of U.S. adults and as many as half of those over 50 take them. They are marketed as a kind of insurance policy against bad eating.

Experts said the results need to be confirmed by another study before recommending multivitamins to the public.

THE ASSOCIATED PRESS

Study

Men better at blood pressure control

Older women in Canada are less successful than older men at controlling high blood pressure, a new study suggests.

And the researchers don't know why. One, Dr. Norm Campbell, said the hypertension finding is "a head-scratcher."

"I was shocked when I saw that data. I would have predicted that men would have been more uncontrolled than women," said Campbell, professor of medicine at the University of Calgary.

Researchers said the findings suggest that there may be some biological difference at play and that older women may need more medication.

THE CANADIAN PRESS

Stork rides the rails

Baby born on a subway train

It was definitely an unusual arrival on a Philadelphia subway line.

Police say a woman riding the Broad Street line told officers she gave birth aboard a train Tuesday afternoon.

Transit police officer Loyd Rodgers and his partner gave the stork a helping hand after the woman approached them at the Olney station. Nestled in her clothing was her baby boy, umbilical cord still attached.

Rodgers wrapped the newborn in a blanket and called for medics.

All activity in the busy station halted as riders snapped pictures.

Mom and her baby are doing fine at a hospital.

THE ASSOCIATED PRESS

Ink stinks. Scotland Yard officers get the order: No visible tattoos, please

The full force of the law has come down on ... tattoos.

Scotland Yard has banned its officers from sporting visible tattoos.

The Yard says it damages the professional image of Britain's top police force.

The force said Wednesday the Metropolitan Police will no longer permit tattoos on the face or hands or any that appear above the collar line.

It said all other tattoos

must be covered.

The Yard said officers who already have visible tattoos will be required to "register" them in writing to their managers by Nov. 12 or face disciplinary actions for gross misconduct.

The force previously had prohibited tattoos deemed offensive to religion or beliefs or that could be construed as violent or intimidating.

THE ASSOCIATED PRESS



Too much? Certainly for Scotland Yard. CHRISTOPHER FURLONG/GETTY IMAGES

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Big Bird costume sales flying high after U.S. debates

How to get to Sesame Street. The giant yellow bird is set to be a popular Halloween costume after mentions at U.S. presidential debates

Can't figure out how to dress as a binder full of women for Halloween? There's always Big Bird, the other star of the presidential debates.

The Yellow One is flying off the shelves after Mitt Romney's threat to do away with government support for PBS. President Barack Obama kept the Halloween dream alive Tuesday night when he brought up the bird again during their second debate.

At six feet, Angela Betancourt volunteered for Big Bird duty among a group of friends riffing on Sesame Street for a couple of Halloween parties



Big Bird costumes are flying off the shelves after the U.S. debates. COURTESY SCOTT SPELLMAN/THE ASSOCIATED PRESS

and a meander along Lincoln Road in Miami Beach. She'll likely carry a suitcase as she passes out the popular kid character's resumé.

"I grew up on Sesame Street and I think that PBS deserves all the funds it can get," said Betancourt, 30. "We all feel the same way."

Halloweencostumes.com sold out of several takes on Big Bird almost overnight after Romney's remark during the first presidential debate Oct. 3, said a company spokesman, Marlon Heimerl.

"In the past this hasn't been a very popular costume, so when Big Bird flew the coop in such high numbers, it was definitely a big surprise," said Heimerl, who would not provide specific sales figures.

Disguise Inc., Sesame Workshop's official costume maker, said interest is up among the thousands of retailers it services.

And sellers of unlicensed Big Bird ensembles, especially sexed-up versions, beware.

"The only costumes authorized by Sesame Workshop are with our licensee, Disguise, and we are working with our legal team on having the others removed from the market," said a spokeswoman for Sesame Street.

THE ASSOCIATED PRESS



Celebrating the harvest

A Japanese Miko shrine maiden attends a ceremony to present an offering of the first harvest of sacred rice during the Takara-No-Ichi ceremony at Sumiyoshi Shinto Shrine on Wednesday in Osaka, Japan.

BUDDHIKA WEERASINGHE/GETTY IMAGES

Negotiations

Arctic ships face increased costs

Canada's new Arctic patrol ships will cost more to maintain if National Defence signs a long-term service contract for the mini-icebreakers while the boats are under construction.

The ships are at least two years behind schedule, and could fall further behind if contract talks with the Irving shipyard building them hit a snag.

THE CANADIAN PRESS

Communication

U.K. PM ducks text queries

British Prime Minister David Cameron is ducking new questions about text messages he traded with Rebekah Brooks, the former chief of News Corp.'s U.K. newspapers who faces charges linked to the country's phone-hacking scandal.

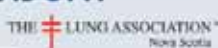
Opposition Labour Party lawmaker Chris Bryant demanded Wednesday to know whether some messages had been withheld because they were "too salacious." THE ASSOCIATED PRESS

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Politics. Nigerian first lady home after mystery illness kept her abroad

Nigerian first lady Patience Jonathan returned home Wednesday following a mystery illness that kept her abroad for weeks as the nation wondered about her health.

The state-run Nigerian Television Authority cut into its programming to show Jonathan waving from a presidential jet on the tarmac of Nnamdi Azikiwe International Airport in Abuja. Wearing a purple traditional dress, Jonathan slowly walked into a crowd of singers, drummers and supporters, surrounded by police officers.

Addressing the nation, Jonathan denied she had a "terminal illness or cosmetic surgery." However, her voice sounded strained by speaking and she appeared slimmer than before.



Nigerian first lady Patience Jonathan on Wednesday. THE ASSOCIATED PRESS

"I believe that God has saved me," the first lady said.

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Texas attorney general cheering for Bible verses

Church and gridiron.
State's top lawyer intervenes in lawsuit to allow cheerleaders to wave banners bearing Christian phrases at high school football games

Texas Attorney General Greg Abbott said Wednesday he will defend high school cheerleaders who want to use Bible verses on banners at football games.

Abbott has filed court papers to intervene in a lawsuit that cheerleaders at Kountze High School filed against the school district, complaining that a new policy violated their freedom of speech.

In September, district officials told the cheerleaders to stop using Bible verses at football games after the Freedom From Religion

Governor's on board

Joining Abbott at a press conference Wednesday, Gov. Rick Perry said he supported the cheerleaders and denounced the Freedom From Religion Foundation.

- "Anyone who is expressing their faith should be celebrated, from my perspective, in this day and age of instant gratification, this me-first culture that we see all too often," Perry said.

Foundation complained.

The atheist group argued that using banners with phrases such as, "I can do all things through Christ that strengthens me," violates the First Amendment prohibition on the government establishing a religion.

After the school told the

cheerleaders they could no longer use Bible verses, they filed suit in Hardin County district court. State District Judge Steve Thomas put a hold on the new school policy while he considered the arguments, and the cheerleaders continued to make the banners. He is expected to rule Thursday.

"This is student-led expression, and that's perfectly constitutional," Abbott said. "We will not allow atheist groups from outside the state of Texas to come into the state to use menacing and misleading and intimidating tactics to try to bully schools to bow down to the altar of secular beliefs."

"If the majority of the cheerleaders were atheists, would a court support their 'right' to hold up a banner insulting Christianity or all believers?" the group said in court papers.

THE ASSOCIATED PRESS



Greek soccer clubs attract colourful sponsors

Players on Voukefelas, a small amateur soccer club, warm up before a local championship match in the city of Larissa, central Greece, on Oct. 7. Players are wearing bright pink practice jerseys emblazoned with the logos of the Villa Erotica and Soula's House of History, a pair of bordellos recruited to sponsor the team after drastic government spending cuts left the country's sports organizations facing ruin. One team took on a deal with a local funeral home and others have wooed kebab shops, a jam factory and producers of feta cheese.

NIKOLAS GIAROUIMIDIS/THE ASSOCIATED PRESS

Man charged over dinosaur fossils

A Florida man was charged Wednesday with smuggling dinosaur fossils into the United States, including a nearly complete Tyrannosaurus Bataar skeleton from Mongolia, federal prosecutors said.

Eric Prokopi, a self-described "commercial

paleontologist" who buys and sells whole and partial dinosaur skeletons, was arrested at his home in Gainesville, according to a complaint unsealed by prosecutors.

He was charged with smuggling goods into the U.S. and interstate sale and

receipt of stolen goods.

He also faces one count of conspiracy to smuggle illegal goods, possess stolen property and make false statements.

If convicted on all of the charges, he could face up to 35 years in prison.

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P.E.I. entrepreneurs remember slain men

The Stay Golden Apparel business team, from left, Alex Khan, Devin MacGregor and Coltin Handrahan, designed and sold custom T-shirts this summer to raise funds for a memorial scholarship for Tanner Craswell and Mitch MacLean that will be awarded at Colonel Gray High School in Charlottetown. MacLean, from Cornwall, Ont., and Craswell, from Charlottetown, were shot and killed in December 2011 on the side of a road near Claresholm, Alta. The two had moved to Alberta to play baseball. CONTRIBUTED/THE CANADIAN PRESS

Wonky weather devastates Europe's grape harvest

Wine industry. There 'will be many vintners in big difficulties,' says EU agriculture expert

Drought, frost and hail have combined to ravage Europe's wine grape harvest, which in key regions this year will be the smallest in half a century, vintners say.

Thierry Coste, an expert with the European Union farmers' union, said Wednesday that France's grape harvest is expected to slump by almost 20 per cent compared with last year. Italy's grape crop showed a seven per cent drop — on top of a decline in 2011.

"Two big producing nations, France and Italy, have not

known a harvest so weak in 40 to 50 years," Coste said. "All the major producing nations have been hurt."

France's Champagne and Burgundy regions were hard hit by weather conditions that particularly affected the prevalent Chardonnay grape, used to make the world's most famous sparkling wine and the luxurious whites from those regions.

In places where vintners were already facing a small margin of profit, many could be facing survival problems, said Coste of the Copa-Cogeca union.

"In certain regions, there will be many vintners in big difficulties because of the collapse of the harvest," he said.

Drought hit the Mediterranean rim hard this year, Coste said. "First and foremost, cli-

Global impact

- The European wine harvest automatically has a global impact since it accounts for some 62 per cent of the worldwide wine production.

mate change or not, we see that we have ever more dry spells," he said. Making matters worse is that even winter was dry this time. "It was almost zero (degrees Celsius) in the south."

In the northern wine regions, it was the inverse, with cold and wet weather wreaking havoc. Hail in particular hurt the crops.

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Lytro's 'living pictures' can be refocused at any time

Digital photography. New camera is popular with tech and photo enthusiasts, but will it click with mass market?

Its makers say it represents "the first major shift in photography since the invention of photography." But a skeptic might say it just sounds a little gimmicky.

It's called Lytro, a boxy digital camera that takes so-called "living pictures." Basically, photos can be refocused at any time after they're taken, so something in the foreground can be made sharp with the background blurred, or vice versa. Interactive Lytro photos can be shared online for friends and family to interact with.

The effect is possible because the Lytro is a light-field camera, explains director of photography Eric Cheng. "The light field is defined as all of the light travelling in every direction at every point in space — and the key component there is direction," Cheng says.

"Light field is what travels through a traditional camera but (the camera) throws away most of the information; you have a bunch of different light rays hitting one point and they



The Lytro is a digital light-field camera that takes so-called "living pictures" that can be refocused after shooting. LYTRO

all get averaged into a colour. But if it were possible to separate those light rays out, the data you'd be capturing would be this rich light-field data they've been talking about in computer-graphics theory for decades."

Many tech and photography enthusiasts rushed out to buy one, but now the firm is trying to go after the mass market. Cheng concedes that the Lytro will be pushed as a second camera for consumers, not a replacement for low-end point-and-shoots or full-featured digital SLRs.

The average consumer will

By the numbers

\$400

The Lytro first went on sale in the U.S. about a year ago and was released in Canada last week, with an 8G version selling for about \$400 and a 16G model going for \$500.

probably have fun with its refocusing ability but the Lytro also has other notable features, Cheng says, including a powerful 8X zoom, a large aperture width to allow more light into the camera, and no appreciable shutter lag.

THE CANADIAN PRESS

Nerve centre. Google offers online peek at its data facilities

Google is opening a virtual window into the secretive data centres where an intricate maze of computers process Internet search requests, show YouTube video clips and distribute email for millions of people.

The unprecedented peek is being provided through a new website unveiled Wednesday at google.com/about/datacenters/gallery/#/.

The site features photos from inside some of the eight

data centres that Google Inc. has running in the U.S., Finland and Belgium.

The facilities represent Google's nerve centre, although none is located near the company's headquarters.

Virtual tours of a North Carolina data centre also will be available through Google's Street View service, which is usually used to view photos of neighbourhoods around the world.

THE ASSOCIATED PRESS

Market Minute

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FIGHT FOR WHAT'S RIGHT — EVEN IF IT'S TRIANGULAR



HE SAYS...
John Mazerolle
metronews.ca

All this presidential-debate talk has me thinking of the one time I took part in an organized debate, which dealt with the age-old question that has haunted humanity since it

first crawled out of the muck: "Circles or triangles?"

That was the actual topic at a debate tournament at a private high school several years ago. I was a "celebrity" judge, because Justin Bieber was not available.

Going in circles

While youth are often accused of being apathetic about the important issues facing our world, that debate included a group of students who were concerned — nay, tormented — about the nation's shape-related issues.

While youth are often accused of being apathetic about the important issues facing our world, that debate included a group of students who were concerned — nay, tormented — about the nation's shape-related issues.

It was inspiring.

Even debates as goofy as that one are heartening to me. Say what you will about U.S. debates and how they contain fewer actual facts than the back of a cereal box; it's still two or more people going toe-to-toe in a real back-and-forth with passion and knowledge and

(some pieces sold separately) ideas.

We could use more of that.

Instead, we're taught that there are a bunch of places where it's not polite to argue (family picnics, Facebook feeds, funeral homes). And if you're in a bar or some other acceptable debate location, most arguments degenerate quickly into volume competitions. There's a guy in my local pub that can be counted on to bellow — scream, really — "THE LIBERALS ARE THE NATURAL GOVERNING PARTY OF THIS COUNTRY!!!" at least once a week.

Though, in fairness, sometimes there's no one else there. He was talking to empty chairs before Clint Eastwood made it cool.

With this sad state of affairs, everybody should learn the finer skills of debating.

Whether you dream of one day being a world leader or you just want to goof around in a meaningless Liberal leadership race, here are some tips to drive your points home.

- Presentation matters. In 1960, radio listeners thought Richard Nixon won his debate with John F. Kennedy. But in a historical twist not often mentioned, people watching on TV thought Kennedy won, because they could see that Nixon kept kicking his dog, Checkers.
- Respect your opponent, not their ideas. This is obvious in the political arena, but often forgotten in day-to-day life. Lots of people say, "You don't have to agree with me, but you have to respect my opinion," even if they're talking about how their magnetic bracelet reinvigorates their energy force field or how much they miss Charlie Sheen on Two and a Half Men. Remember what Voltaire said: "I disapprove of what you say, but I will defend — wait, you like Two and a Half Men. BWAHAHA." I'm paraphrasing.
- Get your zingers in. It shouldn't be all about zingers, but sometimes a little sauce makes the meal more memorable. Compare: "Mr. Speaker, our subcommittee's research has shown the opposition's numbers to be skewed at best," to "Mr. Speaker, up your nose with a rubber hose." Check and mate.

Now that you have these helpful tips, get out there and argue. Do it for yourself! Do it for your generation! And, most importantly, do it for the triangle!

Because what's right is right.

Artist gets under their skin



Hirst's avenging angel

Pregnant women exposed in statue

Damien Hirst, the world's richest artist, unveiled his new work in Ilfracombe, England, on Wednesday.

Verity, a 19.8-metre bronze statue of a pregnant woman with her insides exposed, represents "truth and justice," he said. There have been more than 100 complaints from locals, while critics have labelled it a "dictator fantasy." **METRO**

The artist explains



"I know it's not for everyone, but I really hope that over time it will become accepted by the community and will benefit the town."

Damien Hirst, 47, British artist Hirst lives part-time in Ilfracombe, where he owns a seafood restaurant. It is hoped the statue will increase tourist numbers for the town.

Hirst hits

- **The Physical Impossibility of Death in the Mind of Someone Living (1991).** A tiger shark in a glass tank of formaldehyde, given a Turner Prize nod.
- **For the Love of God (2007).** Skull encrusted with more than 8,000 flawless diamonds, with a sale price of \$100 million US.

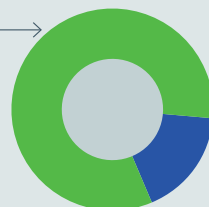
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Twitter

@TheoFleury14:

Off to Halifax today to speak tomorrow at the Brunswick Street Mission breakfast. They help people who suffer poverty and homelessness.

@barrybowser:

Watching a protest parade walk by me on Barrington in #Halifax. Not sure what they want but they're chants are out of sync and super lame.

@shoregirllynn:

I hate seeing tweets about bank

robberies in downtown Halifax. Always worry that it could be hubby's branch. :(

@WorldTeaHouse:

mixed feelings about the patios leaving Argyle Street; more street parking for customers, but it marks the end of summer for #Halifax

@KirstenOlivia:

K so like every street in Halifax is one way! Sending me on detours and I already have no sense of direction!



Deer Tick will take to the stage Friday night at The Marquee Club. CONTRIBUTED

Deer Tick ready to Pop for five-day musical fest

Halifax Pop Explosion. American rockers one of 186 bands performing for five-day event



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

Officially kicking off this past Tuesday, the five-day Halifax Pop Explosion is celebrating its 20th anniversary with the

most diverse lineup of talent from near and far.

However, with great power comes great responsibility to select acts that will continue to raise the bar for the increasingly spoiled Halifax crowd. As explained by Deer Tick's Rob Crowell, landing a spot on this year's lineup has long been a goal for him.

"I've been wanting to make this happen for quite some time, so I'm really psyched about it," he said. "Since (Johnny Stevens) has taken over the festival it's been amazing, so I was pretty intent on getting us up to play for that."

Deer Tick, an alternative

rock band out of Providence, R.I., is a prime example of the variety that packs the bookings for this year's festival. Originally a solo act, the band's front man John McCauley loosened the reins and gradually opened the door for more permanent positions both in the studio and on stage.

So when Cowell, a jack-of-all-trades on keyboard, the sax and drums, heard a spot opened up for the headliners, he jumped at the opportunity.

"I was a playing with a group and we opened for Deer Tick," he said. "A while later they were looking for a keyboard player so I got in touch with

Details

Deer Tick is headlining a show for Halifax Pop Explosion Friday at The Marquee Club.

- Show begins at 9:30 p.m. with The Novaks, The Belle

Comedians and Billie Dre & The Poor Boys opening.

- Visit halifaxpopexplosion.com for complete event details.

them and went from there."

Cowell makes his first musical appearance on their latest album, *Divine Providence*.

"Divine sounds a lot more like the band sounds live and we consciously keep track of

that," he said. "They realized there needed to be someone in the band that could do that live."

Cowell and the boys bring their big sound to The Marquee Club Saturday night.

"It's a big, loud rock band if you come see it live."



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Cronin creates whole new fictional worlds

New book. The Twelve follows up on the hugely successful The Passage with new characters

DOROTHY ROBINSON
Metro World News

The way author Justin Cronin sees it, we have four main types of boogeymen.

"They come down to werewolves, monsters, zombies and vampires. They are the big four," says the engaging author from his home in Texas, where he is a distinguished faculty fellow at Rice University. "Of the four of them, the vampire story is the one with the best stuff."

So much stuff that Cronin was able to develop a highly regarded — not to mention highly profitable — trilogy based on the mythological beings.

The series began in 2010 with The Passage, a 784-page best-seller, and continues on

this month with the publication of his massive follow-up, The Twelve.

In Cronin's futuristic dystopia, his vampires are known as virals: vicious, almost unstoppable monsters created by a government experiment gone horribly wrong who almost end all of humanity. In The Passage and now The Twelve, Cronin delves into two worlds: The time when the vampire plague was unleashed upon society and a hundred years into the future. His cast of characters numbers into the hundreds. Locations not only span coasts but decades and lifetimes. His word count is epic.

How does he keep it all straight?

"That was something I had to learn how to do," he says. "When I was writing the first book, I discovered my brain can naturally hold up to 800 pages of manuscript; at page 801, the top of my head flies off and I can't remember how to use the coffee maker. I had to grow a couple hat sizes to be able to do this."

Virals

The addition of the virals make the series into a horror thriller, but for Cronin the beasts are a way to get to the real meat of his tale: How does the human race survive when civilization ends?

- **Quote.** "I use the vampire story as a way to get to a post-apocalyptic story," Cronin says. "I really believed as a kid we'd all get incinerated; at that time it really looked like things would end."



Justin Cronin is releasing a new book called The Twelve. JULIE SOEFER



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Lloyd Robertson opens up in *The Kind of Life It's Been*

New book. The former anchor of CTV's National News pens biography on the difficulties he has experienced

Throughout his six-decade career, Lloyd Robertson developed an unassailable reputation for delivering an authoritative account of the

day's news.

His classic style in presenting "the kind of day it's been" became as distinctive as his rich baritone, and established the silver-haired anchor as the quintessential detached newsmen.

Now retired from CTV National News and in a reflective mood with the release of his memoir, Robertson is delving into the little-known story behind his cool demeanour, a painful childhood that he says ingrained a steely ability

to clamp down on emotion.

"For some reason I gloomed on to radio as the place where I wanted to be," Robertson says of a troubled youth that sent him searching for escape.

"It opened a whole world to me that I didn't even know existed and I could live in that world of imagination and ignore what was happening around me on a close personal level at home."

Home was Stratford, Ont., where Robertson was born

Jan. 19, 1934. His father was a 60-year-old machinist's helper with the Canadian National Railway.

George Robertson already had eight children from a previous marriage, another son nine years Lloyd's senior, and a pension so meagre that the cupboards were often left bare, Robertson says in his biography *The Kind of Life It's Been*.

Among the revelations: before putting his voice to use on the radio, Robertson was

part of a barbershop quartet as a teen; both the Conservative and Liberal parties tried to woo him into federal politics; Jean Chretien's office asked if he'd consider a seat in the Senate; and while at the CBC, a bout of hallucinations sent him to hospital for nervous exhaustion.

"That really for me was a health scare because it said to me: You've got to keep control of yourself and keep control of your mind because your mother's genes are in there," Robertson says of the episode, in which he recalls

Not retired

Robertson admits he hasn't slowed down much since turning CTV National News over to Lisa LaFlamme

- Still working hard. He continues hosting and correspondent duties for CTV's W5.

"losing touch with reality" and "fighting for control of (his) own thoughts."

THE CANADIAN PRESS



Retired Canadian news anchor Lloyd Robertson has written a biography of his life. MICHELLE SIU/THE CANADIAN PRESS

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Halle Berry

Halle Berry loves her 'Louie Lightfoot'

Halle Berry is opening up about how she first fell for fiancé Olivier Martinez. "When I first met Olivier, there wasn't the initial 'I'm in love!' It was something that grew more gradually — and it feels more real

because of that," she tells In Style magazine. "He's silly, a clown, and very much the life of the party, which is good for someone like me. Danny Downer ... been there, done that. Now I like Louie Lightfoot!"



Rupert Sanders

How Sanders got his groove back

Snow White and the Huntsman director Rupert Sanders — who made a name for himself by having an affair with star Kristen Stewart earlier this year — has reportedly booked his

first directing gig since the scandal, according to Deadline. Sanders is set to take on the Juliet, based on a science-fiction short story by Alfred Bester. Sanders is also allegedly in talks to direct a Van Helsing reboot.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kate Gosselin gets no love from the coupon clippers



THE WORD
Dorothy Robinson
scene@metronews.ca

Kate Gosselin has had a hard time finding work since her TLC TV show *Kate Plus 8* was cancelled. And now it looks like her one steady gig, being the world's most famous coupon blogger, has come to an end. Yes, earlier this week, Coupon Cabin's CEO Scott Kluth wrote a letter to his users telling them they let Gosselin go. "A series of recent events have made it clear to me that Kate Gosselin and her contributions do not align with the authenticity which we set out to build almost a decade ago, and that Ms. Gosselin is simply not a good fit with the wonderful team and culture at Coupon-



Cabin. It's with this that I am writing to inform you of our decision to discontinue Ms. Gosselin's feature blog on CouponCabin.com."

And did the claws ever come out in the literally hundreds of comments this post produced. Some of the finest: "I remember reading her blog and actually saying out loud, 'What does any of this information have to do with using coupons?'" Lynne M

"It is about time. There was not ONE GOOD COUPON tip she EVER contributed to this class site." Nancy Davis Kuziola

Lesson learned? Don't cross online couponers. They are a frisky, money-saving and very vocal bunch.

Home, separate homes for Twilight lovers

While Kristen Stewart and Robert Pattinson may have reunited, they may start off their reconciliation living apart. Stewart has reportedly purchased a \$2.1 million house just a mile and a half from the Los Feliz home she shared with Pattinson prior to this summer's scandal

over her infidelity, according to Hollyscoop. Stewart apparently bought the four-bedroom Spanish-style property in August, though, when the couple seemed to be on the outs, so maybe now that they're back together she won't be using it much.

Twitter



@andersoncooper

The hotel blanket that's there for decorative purposes creeps me out.



@msleamichele

Doing some major fall cleaning at my house right now! I love it! So excited to pull out the sweaters and boots! :)



@NiaVardalos

Dear sweet kind pretty woman who pointed out my laptop I'd left behind on a counter yesterday. Thank you.



@SteveMartinToGo

I'm actually quite funny today. It's my Twitter account that isn't.



Katy Perry

They're hot then they're cold: John and Katy on again?

On-again, off-again couple John Mayer and Katy Perry appear to be on again — or at least they did this week in New York, where Mayer

celebrated his 35th birthday at a quiet dinner with friends and family, according to Us Weekly. Perry was by his side the entire night. "It was a very tame and civil," a source says. "They talked and laughed but nobody got crazy. Everyone looked like they were having fun. John seemed happy."

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Shopping the runway

From runway to retailer: While some trends only last the length of the catwalk, other creations will find their way to the shop floor. We chat to two buyers about what they think will be the biggest hits for spring / summer '13.

RICHARD PECKETT
richard.peckett@metro.lu

Simply monochrome

Always a favourite with fashion editors and for those of us who are after something timeless and recession-proof. In a sense, it's well-crafted simplicity, but that's not to say you're playing it safe with your look. Designers use the monochrome colour palette as a platform for a multitude of styles: long and loose at Celine, "deconstructed classicism" in designer Alber Elbaz's words at Lanvin (think tuxedos, kimono styles and square-shaped pieces), with ruffles and provocative slits and cuts at Balenciaga.



Glamour girls

"Sequins and intricate beading wove their way onto the most glamorous of dresses and gowns at Alexander McQueen and Valentino, while embellishments glittered in creations from the likes of Oscar de la Renta and Chanel," Head of Womenswear Emma David told Metro. Ornamentation always gets the red carpet flashbulbs popping and that's something the high street loves to recreate with glitzy evening wear looks.



Sixties redux

"There was a big sixties retro influence across this summer's trends — both for abstract, minimalist styles across collarless jackets, pencil skirts and dresses appear in matching stripes and checks," says ASOS's Buying Director Emma Fox. Where Tom Ford went for a style à la raunchy sex kitten with a nod to Barbarella, Gucci explored vibrant tunics and trousers, while Moschino's designer Rossella Jardini referenced style icon Audrey Hepburn (pictured) with cutesy dresses and shrunken proportions.



Sheer style

Play peek-a-boo come summer with the cheeky, diaphanous trend. ASOS's Emma Fox reckons it'll be a big trend for the online retailer after it arrived on an array of catwalks. Haider Ackermann (pictured) notably showed a billowing bespectacled polka-dot slip dress, chic and sheer at Topshop Unique and sexily sassy at Nina Ricci. It's a teasing, seductively sophisticated look without being out and out slutty. If past seasons are anything to go by, this revealing trend is likely to be one of the biggest sellers.



Flower power

If fashion had seasonal style commandments, florals would be one of the most sacred. It's a fashion institution and this season was no different, with pop art daisies at Prada to floral print forties tea dresses and "this season's wallpaper blooms mixed with clashing patterns at Christian Dior, Erdem (pictured) and 3.1 Phillip Lim, is sure to be embraced," Helen David, Harrods' womenswear general merchandise



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A BLOSSOMING DEVELOPMENT

THE TRILLIUM ON SOUTH PARK COMBINES ELEGANCE, STYLE AND DIVERSITY

Since it opened last fall, The Trillium on South Park has quickly become one of downtown Halifax's signature developments. The stunning 19-storey, mixed-use development is located at the corner of South Park and Brenton streets.

Just a stone's throw away from Spring Garden Road, The Trillium's shopping complex has become a destination, a place where people go to shop and go about their daily routines.

In choosing the businesses for The Trillium, a great deal of attention was paid to find ones that were a good fit for the neighbourhood.

"We feel there is a great mix of businesses," says Maurice Fares, the vice-president of operations with the W.M. Fares Group, which is the developer behind The Trillium. "Our clients all conduct business in a very professional and successful manner. That, along with most of them having a long-standing history within the neighbourhood, was something that was very important for us to establish."

The Trillium offers a shopping experience for people of all ages.

For home decor options, Thornbloom is the place to go. It moved from its location in Spring Garden Place to set up

shop at The Trillium and now carries more modern product lines than it did in the past.

The environmentally-conscious consumer will love P'lovers, which can be best described as an environmental general store. The retailer is dedicated to helping people live more sensitively with the Earth.

At HaliKids, customers will discover a boutique shop that specializes in selling high-end children's toys and apparel.

For people looking for a pair of comfort casual footwear that is both stylish and practical, Preamble has just what customers are looking for.

Fawcett's Fine Jewellery has been a fixture for jewelry in Halifax for years and it is beginning the next chapter of its story at The Trillium.

People who are thirsty or hungry will be thrilled to discover the Humani-T Café. With locally sourced food offerings, a pastry chef on staff, homemade gelato and an excellent assortment of coffees and tea, Humani-T Café offers up a one-of-a-kind experience.

Last but not least, Broadway Cheesecake has a meal option for all times of the day, whether it's breakfast, lunch or dinner. And, of course, there's a fantastic selection of cheesecakes from which to choose.



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Thornbloom – The Inspired Home | P'lovers | Fawcett's Fine Jewellery



P'LOVERS HELPING LIVE IN HARMONY WITH EARTH

For the eco-minded consumer, P'lovers is like an environmental general store, filled with a great selection of products. "We carry quite a wide variety of products," says co-owner Ann Caverzan.

With a mission of helping people "to live more sensitively with the Earth," P'lovers has a strict set of criteria that it uses when deciding what products to carry. The criteria include striving to find natural, organic, recycled, reused and non-toxic alternative products.

P'lovers' selection process also includes determining whether the product is useful, what it is made from and how and where it is made. "We've done the homework for people," says Caverzan.

The staff at P'lovers are well-informed about environmental issues and continually read books and journals to ensure their knowledge base is informed and current.

P'lovers also has a second location in Mahone Bay.

PREAMBLE: A PERFECT FIT

Finding a pair of shoes that are both comfortable and stylish can be a challenge, but the newly-opened Preamble Footwear is changing that.

"We have a very highly trained staff who really understand feet, foot issues and the importance of having a proper fit," says co-owner Margaret Armour. "We have a lot of expertise in getting people fitted for the right shoe."



Armour and her partners, Dean Cheverie and Luke MacDonald, are not new to the shoe business; they are also the co-owners of Aerobics First. They and the Preamble Footwear team are leveraging that experience to provide customers with the best in casual comfort footwear.

At present, Preamble Footwear carries about 20 brands of footwear and has products for both men and women of all ages.

"Our customers, regardless of age, value comfort and fit over all other considerations in making footwear purchases," Armour says. "We are excited about our location in the Trillium. It is a beautiful location, inside and out, and part of the vibrant and dynamic emerging downtown."



A NEW HOME AND VIBE FOR THORNBLOOM

Thornbloom has a new home.

The popular Halifax furniture, bedding and home decor retailer has relocated from Spring Garden Place after 22 years in that location. "We're very excited to be a part of the group of retailers in The Trillium complex," says co-owner Elaine Shortt.

Filled with natural sunlight, Thornbloom has a warm and welcoming backdrop, along with a downtown vibe, for the beautifully merchandised products.

Thornbloom will continue to offer the finest bed linens, unique furniture, lighting, home accessories and giftware. And as it has done in past years, Thornbloom will be transformed into a winter wonderland by the end of October.

Using those Twitter and Facebook, Thornbloom is announcing special promotions and events, as well as posting photos of new products to let its customers know of any upcoming events. Thornbloom's Twitter handle is @thornbloom.

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Free gift wrapping is offered on all purchases at Halikids.

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WELCOME TO A TOY WONDERLAND

At Halikids, parents and children alike will discover a store that has been truly designed with their needs in minds.

“We really try to make it a place for families to visit,” says owner Nicole Smith.

With this in mind, the aisles are plenty wide to stroll through for even the largest stroller.

The store isn’t crammed with product and many items have a display model on hand so people can get up close and familiar with the product.

“The new idea for toy retail is that people want to handle things before they purchase them,” Smith says.

Other features of the high-end children’s toy and clothing retailer that create a family-friendly atmosphere include a slide, play area and kitchen for children.

For the parent who wishes to have a seat, breastfeed a child or watch their children play, there is a comfy bench waiting for them.

Smith strives to provide an environment where imagination grows and

carries products that encourage curiosity, awaken creativity, challenge thinking and provide hours of fun for children.

Halikids products are meant for children up to the age of 10.

For the person who is gift shopping, they will be pleased to know that all purchases can be beautifully gift wrapped at no extra charge.

Until the end of October, Halikids is offering 20 per cent off of all Melissa & Doug products, which includes costumes, games, plush toys, and arts and crafts.

MUCH MORE THAN A TRADITIONAL COFFEE SHOP

At the Humani-T Café, it doesn’t take long for patrons to discover this isn’t your typical coffee shop. “We wanted to be something different,” says owner Kiyan Sobhani. “We wanted to stand out.”

Whether it’s the food and beverages offered or the modern decor featuring local art on the walls, Humani-T is much more than a coffee shop.

Besides great coffees and lattes, Humani-T has a fantastic selection of teas, offering more than 70 kinds of loose and flowering teas.

On the food side, the commitment is to serving healthy fare that includes a full breakfast and lunch menu, which are both served all day, until midnight. All vegetables are sourced from local organic farms. The eggs are local, free range and organic. Humani-T even sources as much fruit as it can from local farmers’ markets.

“It’s a vision we’ll never lose,” Sobhani says.

Humani-T’s gelato bar is a sight to be seen, with flavours that change with the inspiration of the season. “We have

the traditional delicious vanilla and dark chocolate flavours, but we also have more exotic options,” Sobhani says.

The October special is a pumpkin pie-flavoured gelato. On the topic of desserts, all desserts are baked in-house by a pastry chef.

The walls at Humani-T are adorned with the works of local artists that are for sale. Every month, different artists are featured.

Humani-T’s Trillium location is its second in the city. Its other location is at 5755 Young St., near the Hydrostone.



The Humani-T Café has developed about 250 different flavours of handmade gelato.

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Fried Rice with Shallots



This recipe serves three or four. RICHARD JUNG

"This simple way to use leftover rice is great for breakfast," writes Naomi Duguid. "Top it with a fried or poached egg or some cooked chickpeas. Or serve instead of plain rice to accompany a meal."

"After getting up in the dawn hours to photograph markets, I've often found myself looking forward to some version of the rice, peas, and fried egg combo around eight thirty. At home in Toronto, I top the rice with fresh coriander leaves or tender greens and a fried egg, and drizzle on one of the condiment sauces to give it a kick."

1. Place a wok or a heavy, deep skillet over medium-high heat and add the oil, then add the turmeric and shallots and stir-fry until the shallots are tender and translucent, about 5 minutes.

2. Raise the heat to high and use wet hands to break up any clumps as you add the rice to the pan. Add the salt and peas, if using, and stir-

Ingredients

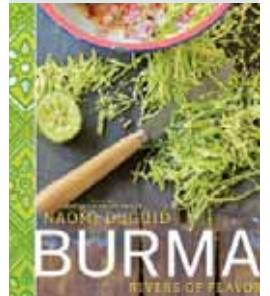
- 2 to 3 tbsp peanut oil
- 1/4 tsp turmeric
- Generous 1/2 cup sliced shallots
- 4 to 5 cups chilled cooked jasmine rice
- 1 tsp salt
- 1 cup green peas (optional)
- 2 tbsp Fried Shallots
- Lime wedges (optional)

fry, pressing the rice against the sides of the pan to sear it. Continue cooking until the rice is hot (the peas should be cooked by then), add the fried shallots, stir-fry briefly, and transfer to a serving bowl. Serve with lime wedges on the side if you wish.

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Cookbook of the Week

Introducing the flavours of Burma



Located at the crossroads between China, India and South Asia, Burma's cuisine combines Chinese noodle dishes, the curries of India and Thailand and salads.

Guiding you through the Burmese kitchen is award-winning author Naomi Duguid in her book Burma: Rivers of Flavor.

With simple recipes for food that manages to be elegant and earthy at the same time, plus stories of a place and a people that inspired Somerset Maugham and George Orwell, this is a culinary journey worth taking. The book also features photographs, travel tips and more. METRO

Canning is green — now make sure it's safe

Can I buy BPA-free canning lids?

-Brenda of Halifax



QUEEN OF GREEN
Iovah Paglaro
green@metronews.ca

The short answer is that, yes, BPA-free canning lids are available. And I'll tell you who makes them.

The long answer, however, is that although BPA-free canning lids are easy to find, they may not be the answer to your

toxin-free food-preservation efforts.

A popular BPA-free option is the Tattler Reusable Canning Lid. It's made from polyoxymethylene copolymer (POM), which is a fancy way of saying that it's a BPA-free plastic. Yup, plastic! And it's not without its own cause for concern. This rigid compound has trioxane as a key compound — in other words, formaldehyde.

The jury is still out on the relative safety of ingesting trace amounts of formaldehyde.

Fans of the BPA-free lids

point out that formaldehyde isn't released from polyoxymethylene until temperatures reach 250 C (482 F), well above the processing temperature for canning. Critics note that other factors — like acidity — can affect the release of formaldehyde from plastic.

So what's a concerned canner to do? First, let's be clear — my hat is off to all home canners. No matter how you look at it, putting up local food in re-usable glass jars to be eaten all season is inherently green. And choosing to eat from glass jars, instead of BPA-laden cans,

can only be good for your health.

Now for the nitty-gritty best practices. I vote for buying traditional glass lids from thrift stores and markets whenever possible.

Barring that, consider using the boiling water bath (BWB) method instead of pressure canning. If adequate space is left in the jar, proper BWB canning doesn't require the food to touch the lid. Finally, you may want to try preserving some foods using other methods, like freezing and dehydration. Happy canning!



The best practice would be buying glass lids from thrift stores and markets. ISTOCK IMAGES

Afraid of getting ripped off on your next renovation?

Protect yourself with the facts. Learn from the Pros.

The Nova Scotia Home Builders' Association is offering complimentary consumer protection sessions this month that will help answer your renovation questions.

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JUPITERIMAGES/GOODSHOOT/THINKSTOCK

WARM UP TO ANNUAL SAVINGS

BEGIN WITH THE PLANNING STAGE

Taking steps to make your home more energy efficient can cost thousands of dollars, but it can offer a steady return on your investment by dropping utility bills by \$1,200 or more per year.

William Marshall at Thermo Homes says, ideally, you should work your way from the outside to the inside of the home to maximize your savings at the building stage.

"One of the biggest problems we see is people set their plans and start things in

motion, and then it makes it really expensive to make changes," he says.

He sits down with new-build clients at the planning stage. While thick insulation and draft-free homes are important, even more crucial is a good building envelope.

"People spend a lot of time and money focusing on what types of countertops they're going to put in, and they ignore the upgrades on the envelope," he says.

The envelope is the pocket between the outer wall and the inside of the home. A "staggered stud" method increases the traditional distance between wood studs to give you nine per cent more cavity insulation. That will make your walls retain the heat more efficiently and cut

utility bills before you have even hooked up your house.

Marshall says while you can upgrade your countertops in a few years, you can't really change the envelope once the house is built. As a bonus, you can put away the money you save on bills, and in a few years those countertops will essentially be free.

You can retrofit your existing home with more insulation and better windows. Don't just check your attic, but also your basement walls, as many basements are just concrete and Gyproc. Insulating those walls traps more heat inside.

Think carefully before you buy new windows and doors. It might offer a good

return on investment, but you might do better to install new weather stripping and caulking to increase savings, as new windows can be costly.

Nature can help, too. If your home gets too hot in the summer because of direct sun, you can cool it by planting a tree to offer shade. Trees can also block icy winds in the winter.

If you take all of the steps outlined above, the Nova Scotia Home Builders Association calculates you can save \$70 to \$100 per month on your utilities. A super-efficient home with 90+ EnerGuide rating could save you \$1,200 per year, every year, for the life of your home.

— Jon Tattrie



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KEEP COLD OUT AND THE HEAT IN

Improving your home's heating efficiency is a two-step process: Keeping the cold out, and the heat in.

Dave Corning at Efficiency Nova Scotia recently had an EnerGuide test done on his own home. It was well insulated, but "I had really old windows and doors, so I had a really leaky home," he says.

It also alerted him to the giant hole in his roof blowing cold air into his living room — a.k.a., the chimney. Since he doesn't use the fire place, he had the chimney blocked to keep the cold out. He also applied weather stripping and caulking to stop drafts.

William Marshall at Thermo Homes says blowing in more insulation is a good first step. You want at least 35 centimetres of insulation in your attic. If it's less than that, you can buy and install batts yourself, or hire a company to spray in a thicker layer. It will cut your heating bill right away.

Once you have improved your home's ability to keep cold out, you can start thinking about how to get heat in.

"Air-source heat pumps are probably

one of the biggest savings people are seeing," Marshall says. These systems take heat from the air and transfer it inside or outside your home, depending on what season it is.

Marshall says people often put it in the primary living space. "It offsets a significant portion of their bill for the rest of the year. You don't have to replace your whole system, but a simple upgrade like that gives you the biggest savings."

The next level is technologies that tap renewable sources. Solar thermal preheats your water via the sun.

"Rather than getting city water at five or six degrees and heating it to 60, the solar takes it up to 40 and the electric hot water tank or boiler only has to top it up," Marshall explains.

Photovoltaic, or solar electric, allows you to make your own energy. "Basically, any energy you collect during the day spins your meter in reverse and you get a credit," from Nova Scotia Power, he says.

— Jon Tattrie



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SMART ENERGY

JUPITERIMAGES/GOODSHOOT/THINKSTOCK

PHONES, COMPUTERS CAN HELP KEEP ENERGY BILLS IN CHECK

From computer modelling to smart homes, technology can help you build a more energy efficient home and cut the operating costs of an existing property.

William Marshall at Thermo Homes points to Efficiency Nova Scotia's Performance Plus Program. He says the \$300 program should be one of your first steps

when planning a new home. It creates a computer model of the house that tells you what the building should cost to operate on an annual basis. You can then play with the variables to find savings.

"What if I increase my insulation level? What if I improve my air sealing? From that, the homeowner can make

some decisions," he says.

Your builder can look at the model and tell you what the adjustments will cost, and what the likely savings will be. "You're making choices based on facts," he says.

If you really love gadgets, you can build or retrofit your place into a smart

home with the help of your tablet computer or smartphone and a company like Dartmouth's UberHome. The system offers centralized and remote control of climate, lighting, blinds and many other features.

It can program your home to automatically lower heating and hot water operations when everyone is gone for the day and overnight. It can warm things up just before you get home, too, and as you wake up. You can access the controls remotely via your smart device to turn out lights you accidentally left on, or even to turn off the stove.

The system also measures your energy consumption and can offer tips for savings.

Photo voltaic solar panels on the roof preheat the water going into the domestic system, cutting down on bills. They also produce electricity, which can be used at the house or put back into the grid for a credit against your power bill.

A drain-water recovery system attached to the waste-water pipe taps into the grey water — run-off from showers, dishwashers, etc. — to retain the energy of the departing hot water.

But exercise caution when getting energy-saving gadgets. Nova Scotia Power issued a warning last year about a telephone scam offering useless power-reduction gadgets in its name.

— Jon Tattrie

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START OFF BY ASSESSING YOUR HOME

It can be hard to know how energy efficient your home is until you call in the professionals. Efficiency Nova Scotia organizes Home Energy Assessments

(formerly audits) to rate your home and tell you how you can improve its energy consumption.

Dave Corning, program manager, and

Sam Dutka, program co-ordinator, say the assessment starts by visiting their website (Efficiencyns.ca) or giving them a call (1-877-999-6035). The assessment, which costs \$200, is then booked through one of six service providers.

Corning says an energy adviser checks out your insulation level in the attic and walls, the quality of things like windows and doors and considers the age of the home. A blower-door test seals your home and they use a fan and computer to measure the pressure differential.

"It makes air leakage really apparent. You can feel the cold air spilling into the home," he says.

Dutka says the length of a test can vary, but usually takes a couple of hours. It's to your benefit to be engaged and ask lots of questions so you better understand the house's weak spots.

The assessor puts the information into modelling software that shows the

heat losses. That gives the inspector enough information to give your home an EnerGuide rating between 1 and 100. The higher the better, but it's not a straight percentage scale. It may be easier to go from 40 to 60 than to push past 70.

Dutka says new homes are in the 70s and super-efficient homes can go to 90 or more. She recently had a man with a 100-year-old home that earned a measly 13. "His EnerGuide rating went up to a 41 and he still had work to do," she says.

You get a copy of the EnerGuide report, along with recommended measures to improve it.

You have one year to perform the upgrades and then schedule a post-retrofit assessment. If you heat with electricity, you are then eligible for up to \$3,000 in rebates and if you heat with another source of energy, you are eligible for up to \$1,500 in rebates.

— Jon Tattrie



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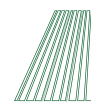
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GOVERNMENT WANTS TO HELP

TAKE ADVANTAGE OF THE NUMEROUS REBATE PROGRAMS

The government is keen to see you make your home more energy efficient and offers a variety of rebates to help you cover the costs. Most are offered through the provincial government's Efficiency Nova Scotia.

If you are a homeowner on a low income (as determined by Statistics Canada's Low Income Qualification Cut-offs), Efficiency Nova Scotia offers free upgrades to your insulation, lighting, sealing, tank wraps for electric hot water heaters, pipe insulation, and even CFL light bulbs. It can make a dramatic difference in warming your home and lowering your bills.

The same group's EnerGuide program can get you rebates of between \$1,500 and \$3,000. It also offers rebates on installing and using solar energy for air and water heating.

Efficiency Nova Scotia's Performance Plus Program offers energy-analyzing tools and rebates to help you build a home that is more energy efficient. That includes insulation, drain water heat recovery units, solar water heating systems, heat pumps, and energy efficient lighting.

The Appliance Retirement Program not only carts away your old fridge, freezer or air conditioner at no charge, it also offers you up to \$35 and 100 Air Miles.

The Canadian Mortgage and Housing Corporation offers a 10 per cent mortgage



ISTOCKPHOTO/THINKSTOCK

loan insurance premium refund on energy efficient new-home construction.

ENS's Commercial Solar Air Heating and Water Heating Rebate Program offers a 15 per cent rebate for retrofitting institutional, industrial or commercial buildings. The Commercial and Industrial New Construction Program helps create

more efficient buildings from the planning stage onward. Each business can be eligible for \$40,000 in rebates.

If you want to tap into the sun's energy, consider solar panels on your roof. HRM's Solar City Initiative has had a troubled few years since its inception in 2009, including a near-death funding

experience this summer, but appears to be back on track.

In September, the city announced the program is alive again and should start offering subsidies for homeowners to install solar technology this fall. The pilot program is full, but could expand in the future if all goes well. — Jon Tattrie



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ENERGY SELF-SUFFICIENCY IS HERE

NET-ZERO BUILDING OPERATES AT NO COST TO THE ENVIRONMENT

Solid concrete walls — alongside solar generation, geothermal heating and cooling, plus positioning your home to take advantage of natural light — are just a few of the features already available towards the goal called net-zero.

Architects, builders and energy experts tell us that the net-zero aspiration represents a building that has been constructed in such an energy-efficient way, it operates at no cost to the environment. The building's consumption is reduced to the level where it can self-sufficiently produce the energy it needs.

"Net-zero is possible and has been implemented," says Todd Blyth at Nudura, a leading Canadian manufacturer of insulated concrete wall forms. "By pushing construction efficiency and energy generating abilities to the limit, the first net-zero achievable school opened its doors recently south of the border with several more underway."



JUPITERIMAGES/PIXLAND/THINKSTOCK

When building your own home, ideas like this can be applied from the ground up, Blyth explains. If you want

the highest performance, be sure to pay close attention to decisions for the walls, windows, roofing, ventilation and indoor

climate control. Those features in particular assist greatly in offsetting energy consumption.

Concrete replaces wood

"Our Nudura walls are in demand all across the continent for net-zero purposes in homes and public buildings," Blyth says. "It's a concrete system to replace the traditional wood frame method. The far more durable ICF (insulated concrete forms) system is available to builders.

"It's a system of pre-assembled, stay-in-place forms, each one stacked, reinforced, and then filled with concrete," Blyth explains. "Once locked together like Lego, this system creates a solid, monolithic wall, which is reported to be up to nine times stronger, with superior fire protection and with far more sound insulation and occupant comfort. It is our Canadian technology that is requested for the net-zero projects in the United States."

An "insulated concrete form" home will have as much curb appeal as any other, Blyth points out. Homeowners choose eye-catching finishes like stone, stucco, brick, wood, or a combination of favourites.

— News Canada

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HEMERA/THINKSTOCK

ADD A TOUCH OF GREEN

Many homebuilders and buyers in today's real estate market are adding eco-friendly features to their checklists.

With a growing network of green alternative home products and features available, consumers have a plethora of exciting options to explore.

Thermo Dynamics Ltd. has been pro-

viding solar energy products for homes for more than 30 years. From solar pumps to panels, there is a wide selection of ways to outfit your home with alternative energy harvesting resources. Solar collectors can even be used to heat a pool or home flooring.

Perhaps some of the more traditional,

yet energy efficient, features available for homes are windows and doors from All Weather Windows. This company is a three-time Energy Star Award winner, boasting innovative, weather resistant windows and doors. Notably, the V-weld line of windows are machine welded for air tight resistance to all types of weather.

Consumers can also choose from custom-made doors that boast award-winning designs.

Another resource is Thermo Homes, a company that investigates how your home can minimize its environmental footprint and harvest alternative energy. According to Thermo Homes president William Marshall, making green choices gives consumers the opportunity to make their vision a reality.

"Understanding how your building and its systems work together is key to improving its performance. Our design team works to provide our clients with cost-effective solutions and the facts needed to make educated decisions," Marshall says.

A business that focuses on environmental responsibility from the ground up is Denim Homes. By building all its homes with thicker walls and staggered studs, Denim Homes is able to create a thermal break from the exterior to interior to keep out cold air. Photovoltaic panels can also be installed to roofs as close to the south as possible to maximize the warmth of the sun. Clients can also conserve with an energy control switch. Just by touching a button, all light switches and appliances are turned off, even the ones that are easily forgotten.

With all the options available, it's easier than ever for homeowners and buyers to create a customized eco-friendly living space.

— Nicole Trask



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DO YOU HAVE A HEALTHY HOME?

Are you trying to live a healthier lifestyle? Are you trying to make healthy living choices for you and your family? Are you eating a balanced diet? Are you getting enough exercise?

Even with our increased awareness of healthier living, it can be difficult to always make the best and most efficient choices.

But what about your home? Why not buy or build a home that takes your family's health and comfort into consideration? Or why not renovate your current home to do the same?

With the R-2000 and Energy Star for New Homes initiatives, you can work with your builder to incorporate energy efficiency upgrades into your home before it's built, to ensure that the upgrades you choose reflect your family's lifestyle.

The R-2000 Standard and the Energy Star for New Homes are Natural Resources Canada's Office of Energy Efficiency

initiatives for new home construction. By integrating energy efficient upgrades at the design stage, you can decide which measures to take that will best suit your family.

For example:

- Energy efficient windows to keep heat in and prevent condensation;
- Extra insulation and tight construction to minimize winter drafts and cold spots;
- A mechanical ventilation system to help make your house fresh and comfortable all year round.

The use of healthier building materials during the construction of your home, such as non-solvent adhesives, low VOC paints and formaldehyde-free cabinetry provide a healthier environment as fewer chemicals are released into the air. And when you choose to buy a new energy efficient home that meets the R-2000 standard, you often have even more choices when it comes to features that can



NEWS CANADA PHOTO

improve the health and comfort of your family.

Or if you are instead thinking of renovating your home, an EnerGuide evaluation can help you implement improvements to address similar concerns. Having a certified energy adviser undertake an EnerGuide evaluation provides you with a current rating, an assessment of your

home's energy efficiency potential, and a prioritized list of recommended upgrades that will not only save energy, but provide a more comfortable home. It may also qualify you to participate in local incentive programs.

More information is available online at oee.nrcan.gc.ca.

— News Canada

BUILDING GREEN HOMES IN ANY COLOUR

Energy efficiency is a cornerstone of the homes Whitestone Developments Ltd. constructs.

"Our primary focus has been building R-2000 homes," says co-owner and operator Tamara Barker Watson.

R-2000 is a demanding set of technical requirements for energy efficiency, indoor air quality and environmental responsibility. All R-2000 homes must have an EnerGuide rating of at least 85.

To achieve this, some of the energy-efficient products Whitestone uses in every home are low-flow toilets and faucets, drain water heat recovery systems and

low E/argon windows. Whitestone also makes provisions for future green upgrades by making the homes solar ready.

Whitestone has been in business since 1995 and built its first R-2000 home in 1998.

Barker Watson says one of the main advantages Whitestone offers is the exceptional customer service it provides to clients. One way it achieves this is through always being available on call to the client.

Whitestone also places a huge emphasis on educating the client to better understand the building process. To achieve

this, Whitestone provides weekly progress updates to clients, does building walk-throughs at various stages of construction and ensures one person is designated responsible for communicating with a client throughout the building process.

"It's a very stressful time," says Barker Watson about the home building process. "We're trying to take the stress out of it."

Whitestone is a family-owned and operated company. Barker Watson is responsible for marketing, sales and administration, while her husband, Andrew Watson, is responsible for "the hammer and nails part of the company."



Barker Watson was recently honoured with the 31st spot in PROFIT/Chatelaine's ranking of Canada's Top 100 Female Entrepreneurs.



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DAVID SACKS/LIFESIZE/THINKSTOCK

HOME BUILDING IS EVOLVING

A whole new approach to construction is in full swing. The evolution is driven by eco-responsibility as well as the desire to lower household costs.

Canadians have already joined with others around the world in a demand for the most advanced methods and materials when building a new house. Today, in fact, many jurisdictions mandate it.

If you are building a home soon, therefore, be sure to discuss the greener possibilities first. For example, in high demand these days is a concrete system for walls to replace inefficient wood framing.

"The system using insulated concrete forms, or ICFs, is now widely embraced across North America — although, as you can imagine, this switch from wood framing has been revolutionary in the construction industry," says Todd Blyth at Nudura, a leading name in the field. "Now, however, with more stringent building code demands — plus a homeowner demand for lower energy consumption and costs — builders see that ICF building can make a positive impact on their business."

ICFs are concrete forms that lock together like Lego, Blyth says. In addition

to substantial energy savings, a house constructed with concrete is reported to be stronger than a house constructed with traditional wood. It is also found to be more sound resistant, fire resistant and has a superior ability to eliminate drafts, cold spots and mould. For the final esthetics, a homeowner chooses eye-catching finishes like stone, stucco, brick, wood, or a combination of favourites.

"The customer must also make a specific request for concrete before construction begins," Blyth adds.

— News Canada

ENCOM EMBRACES ALTERNATIVE ENERGY

In a fast-changing market of alternative energy sources, it's reassuring to know that there are a wide range of eco-friendly options available. EnCom Alternative Energy Solutions offers innovative products that utilize green methods such as wind power and solar heating and hot water. Home and business owners alike are becoming more eco-savvy and the popularity of these products is fast on the rise.

Established just over 10 years ago, EnCom Group is a full-service energy

solutions company that supplies and installs backup power, green power and energy reduction solutions to residential and commercial clients around the region. Initially, the company focused on commercial energy audits and energy reduction solutions (lighting, heating retro-fits, cooling) but quickly moved into the business of backup power systems by providing automatic standby generators.

According to Aileen Nasager, EnCom director — business development & client services, customers experience long-term

benefits when they invest in EnCom products.

"Once the capital costs are paid, the energy is free for the life of the system — typically rated at a couple of decades," she says.

"Because of great financial incentives from Efficiency Nova Scotia, the cost of the system can be paid off over an extended timeframe without any negative impact to the client."

EnCom is Atlantic Canada's only factory-trained service provider for both residential and commercial automatic generators. In 2004, the company branched out even further into renewable energy technologies, offering clients solar hot water and home heating options as well as solar photovoltaic and wind electrical generating solutions.

Today, EnCom's main focus is the supply and installation of solar hot water systems and backup generators. Since 2004, the company has completed more than



200 residential and dozens of commercial solar hot water installations. For those who are interested in learning more about these modern solutions, Nasager says a great way to get to know the products is to make a simple phone call.

"Potential customers have a number of ways to become familiar with our products — our website is a great first stop or a phone call," she says. "We like to have a chance to discuss clients' needs directly so we can offer appropriate solutions to them which can then be qualified during a site assessment to the home or property."

To learn more, visit encomgroup.com.

A LOOK AT SOME INNOVATIVE PRODUCTS

EnCom has multiple energy solutions. Here's a look at a few of the innovative products:

- Solar hot water and space heating with evacuated glass solar tubes
- Ductless heat pumps

- New Airforce 4.1 wind turbines with efficient aerodynamic design and low noise level
- Generac — the most complete line of standby home generators available anywhere (air cooled to liquid cooled)

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CREATES UNIFORM WARMTH IN THE HOME

During the frigid winter, energy-conscious Canadian homeowners are trying to find ways to stay warm without raising their home heating costs, and nearly two-thirds say they would likely invest in a quality heating system that was more expensive upfront if it saved them money in the long run, reveals the Beautiful Heat survey, an online study of 1,003 Canadian homeowners.

Many homeowners with traditional heating systems are being energy conscious and are going to great lengths to avoid rising heating costs. Almost three-quarters of respondents said they like to keep warm while watching their energy consumption, with 43 per cent adjusting their thermostat and a surprising 30 per cent wearing layers to keep warm.

Experts say there is a whole other way to stay warm and comfortable without putting on a sweater.

"Radiant heat uses water's own natural heat retention to spread warmth around the home, creating a warm uniform heat

in every room," says Hans Kircher, a heating ambassador for Beautiful Heat. "As a radiant system delivers a consistent even heat, homeowners can set their thermostats lower than with forced air systems, resulting in less energy usage and lower annual heating bills. It is the ideal choice for energy-conscious homeowners."

Although a radiant system requires a greater upfront investment than traditional forced air heating systems, it provides numerous benefits. In addition to using less energy, radiant heat's zone controls enable homeowners to lower the temperature in lower traffic areas of the home, thus saving energy and reducing heating costs. By eliminating the need for fans, blowers and vents, radiant heat provides a cleaner and healthier indoor air environment. And its ductless system gives homeowners flexible design options and clean lines uninterrupted by vents or registers, so furniture can be placed wherever homeowners choose.

— News Canada



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GOING GREEN IS GETTING EASIER

EFFICIENCY NOVA SCOTIA OFFERING ZERO PER CENT FINANCING ON UPGRADES

Financing energy-efficiency upgrades to one's home can often be an expensive endeavour. However, a new service offering zero per cent financing on certain upgrades is changing that.

The service is being done by Efficiency Nova Scotia and it applies to loans of between \$3,000 and \$15,000 to two different types of upgrades, with the first being fuel substitutions.

"It is for clients that want to either supplement or replace their electric heat with an energy-efficient alternative heat-

ing source," says Amy Brown, Efficiency Nova Scotia's program co-ordinator.

The other eligible option is for people who want to supplement their conventional hot water heat with a solar water heating system.

This zero per cent financing offer was designed to target all Nova Scotian homeowners.

"We want this to be another financing option Nova Scotians have," says Brown. "It should be a way for them to save money on energy costs, even if they don't have the upfront capital costs."

Since the introduction of the service one month ago, Efficiency Nova Scotia has received a lot of positive feedback about it and many people have signed up for the offer.

One of the points resonating with people is the affordability aspect.

"The way we've structured our pay-back periods is that most payments are below \$100," says Brown.

The timeline for paying back the loan



CONTRIBUTED

ranges from one to 10 years and depends on the size of the loan. The higher the value of the loan, the longer a person will have to pay it back.

While it is sometimes possible to get zero per cent financing when purchasing consumer goods, the key difference is these upgrades are investments and the savings from energy efficiency will pay for themselves over time.

"This will help you save money for

years to come," says Brown.

For people interested in learning more about the service, they should visit Efficiency Nova Scotia's website at efficiencyns.ca. The site has more information about the service, as well as the forms people will need to complete to be eligible for the service.

"Once they've done that, they are able to apply for credit to see if they are eligible for a loan," says Brown.

WHAT IS IT?

Efficiency Nova Scotia is an independent organization whose vision and mission is to enable Nova Scotians to use energy better and to have a more sustainable Nova Scotia economy and environment through energy efficiency.

SEAL THE DEAL

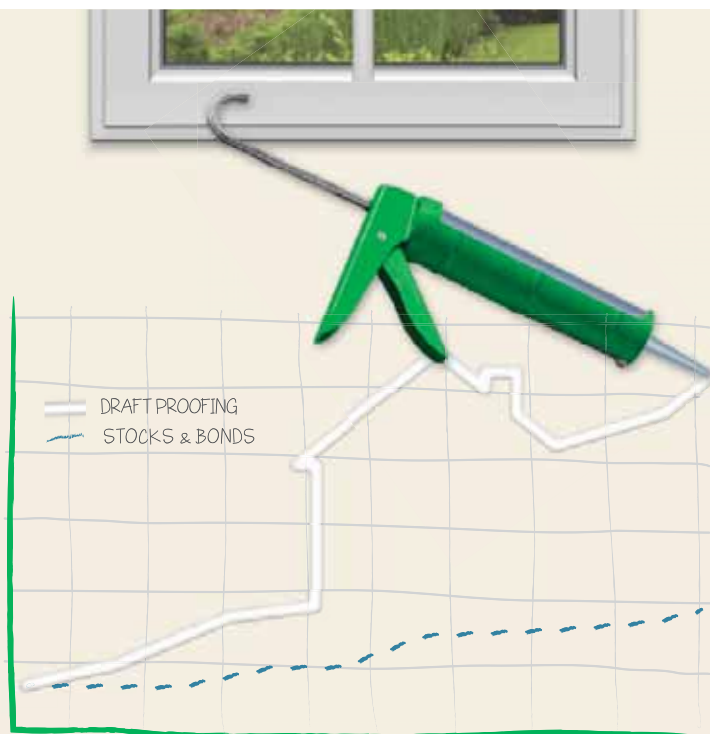
Small changes make cents.

Your home is one of the biggest investments you'll ever make, and it's also full of investment opportunities. Making energy efficient upgrades – like caulking and draft proofing – increases your home value, makes your home more comfortable, and lowers your energy bills.

Book a home energy assessment to learn where you should invest, and what rebates are available to help you get the job done.

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NEW ALTERNATIVES ARE AVAILABLE

AIR LEAKS CAN LEAD TO 40 PER CENT OF HOME'S ENERGY LOSS

Canadians are well aware how drastically weather conditions can vary and fluctuate throughout our four seasons — and this year is no exception.

During mild winters, Arctic winters or scorching summers, heating or cooling units operate to constantly to maintain a comfortable climate inside the home. With the growing interest in being green and energy efficient, homeowners are looking for new alternatives to maintain comfort while cutting back on energy consumption and energy bills.

In the home, small changes such as using compact fluorescent light bulbs can

contribute to going green. However, one significant way to reduce energy consumption is to adequately seal the home to stop any air leaks. Experts in the field say that air leakage can account for up to 40 per cent of a building's energy loss.

One way to adequately seal a home is with spray foam insulation, like that available from Icynene. An energy efficient way to insulate, it expands to fill in every gap within the structure to provide

homeowners year-round comfort, regardless of the climate.

The modern material allows homeowners to better control their heating and cooling use and affords us the chance to save up to 50 per cent in heating and cooling expenses.

Investing in green solutions such as spray foam insulation can help make greening efforts a reality.

— News Canada



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— News Canada

Lockout

NHL talks enter crucial stages

As the NHL's labour dispute went on display for public viewing, it underscored the importance of the next week in negotiations.

The league's latest collective bargaining offer to the NHL Players' Association — surprisingly released in full by the NHL on Wednesday — came with an attached warning about the consequences of failing to reach an agreement by Oct. 25.

In a document delivered to the union along with Tuesday's 10-point proposal, the NHL indicated it couldn't "responsibly" offer more than the 50-50 split of revenues and other items it was tabling. It also sought to add urgency to the talks.

"Delay (beyond Oct. 25) will necessarily leave us with an abbreviated season and will require the cancellation of signature NHL events," it read.

"Failure to reach a prompt agreement will also have other significant and detrimental impacts on our fans, the game, our clubs, our business and the communities in which we play."

Donald Fehr, the NHLPA's executive director, spent Wednesday examining the proposal along with union staff and was expected to deliver a counter-offer when the sides resume talks on Thursday. **THE CANADIAN PRESS**



NHLPA executive director Donald Fehr in Toronto on Tuesday. **THE CANADIAN PRESS**

NHL

Edmonton arena deal collapses

The deal to build a new arena for the Edmonton Oilers collapsed Wednesday, with city councillors pointing the finger of blame at Oilers owner Daryl Katz and his last-minute demands for millions more in taxpayers money.

Mayor Stephen Mandel said it was time to send a message.

"It's wrong to hold us up for ransom," said Mandel.

The deal went off the rails a month ago after Katz said he needed more cash, including \$6 million a year in operating subsidies for the arena.

THE CANADIAN PRESS



Mooseheads forward Nathan MacKinnon sends Rocket defenceman Jimmy Oligny flying in Wednesday's QMJHL game in Charlottetown.

CHARLOTTETOWN GUARDIAN/TC MEDIA

Moose rebound from a near meltdown

QMJHL. Halifax keeps win streak alive at 8 to remain at top of the standings



MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Mooseheads' longest winning streak in five years is still alive, but it almost ended in a meltdown.

The Mooseheads self-destructed in Charlottetown on Wednesday night, allowing five straight goals, including four in the second period, to fall behind 5-2 to the P.E.I. Rocket.

But they regained their composure in the third period, scoring five unanswered goals of their own to skate away with their eighth consecutive victory, 7-5, over the Rocket to improve their first-place QMJHL record to 10-1.

"The guys came back hard, played with character, and it was good to see, but we can't put ourselves in those kinds of situations," said Mooseheads head coach Dominique Ducharme.

P.E.I. scored twice on the power play in their second-

period surge, with Lower Sackville's Ben Duffy recording a goal and an assist. It was an uncharacteristic letdown for the nationally third-ranked Mooseheads.

"We took stupid penalties and we put them in situations to have success and they took what we gave them and made the most of it," Ducharme said. "We created it ourselves, the hole that we were in."

Leading Mooseheads scorer Nathan MacKinnon, with his eighth goal in a five-game goal-scoring streak, sparked

the comeback 31 seconds into the third period and Steve Gillard, Matthew Boudreau and Ryan Falkenham followed suit in the opening 11:25 to turn the game on its head and put Halifax up 6-5.

Red-hot left-winger Luca Ciampini padded the lead with a power-play goal with just 1:14 remaining to extend his goal-scoring streak to five games.

"It started on the first shift," Ducharme said. "We got a quick goal and it energized the bench. I think (the players) knew the situation

Quoted

"We're learning still. It's still early. We're living things, different experiences. We have to learn from what happened tonight."

Mooseheads head coach Dominique Ducharme

we were in and that we did it to ourselves. They just wanted to make sure that we were not giving away two points."

Centre Matthew Boudreau scored two goals and added an assist and winger Darcy Ashley had three assists. Zach Fucale allowed five goals on 27 shots.

Halifax hadn't won eight straight games since November 2007.

With the win, the Mooseheads stayed two points ahead of the second-place Quebec Remparts, who beat the Saint John Sea Dogs 5-2 on Wednesday to improve to 9-1.

The Herd returns to action on Friday at 7 p.m. at the Metro Centre against the last-place Sherbrooke Phoenix, 2-8-1.

First star

Defenceman Gillard's big day

Mooseheads defenceman Steve Gillard had the most productive game of his career on Wednesday and was named the first star for his efforts.

The 20-year-old recorded two goals and two assists — not to mention a plus-5 rating, four shots and three hits — to fuel Halifax's comeback.

That statistical

line is remarkable considering Gillard had just two goals in 162 QMJHL games, including playoffs, coming into the night.

"He was strong on both sides of the puck and he was physical," Mooseheads head coach Dominique Ducharme said. "He was one of the key guys (leading the comeback) for sure."

Both of Gillard's goals came on screened shots, while Ryan Falkenham tipped another Gillard drive for the game-winner.



Cards rein in Giants in soggy St. Louis

NLCS. Substitute Carpenter has big hit as Cardinals beat Giants to take 2-1 series lead

Carlos Beltran limped to the trainer's room, taking the St. Louis Cardinals' biggest clutch October bat with him.

Turns out they had the perfect substitute.

Matt Carpenter hit a two-run homer after subbing for Beltran and the Cardinals chased Matt Cain before a 3 1/2-hour rain delay in the seventh inning of a 3-1 victory over the San Francisco Giants on Wednesday night for a 2-1 NL championship series lead.

Beltran strained his left knee running out a double-play ball in the first inning. The Cardinals said he was day to day.

Kyle Lohse worked around a season-worst five walks in 5 2/3 innings. Mitchell Boggs struck out Hunter Pence and Brandon Belt with two on to end the seventh. Jason Motte earned the

Game 3	
3	1
Cardinals	Giants

first two-inning save of his career to reward what remained of a sellout crowd of 45,850 — perhaps a third — that stuck around for a game that lasted 3 hours 2 minutes, about a half-hour shorter than the delay.

"They said if we didn't score, I was going to go out there. I was in the clubhouse running around. I've never really had to sit around like that," Motte said. "It was probably the most nervous I've ever been."

Cain lost for the second time this post-season, giving up three runs on five hits in 6 1/3 innings. The Giants, who entered the game batting just .217 in the post-season, were 0 for 7 with runners in scoring position. **THE ASSOCIATED PRESS**



St. Louis Cardinal Matt Carpenter is congratulated by teammates in the dugout after hitting a two-run home run against the San Francisco Giants on Wednesday in St. Louis. CHRIS LEE/ST. LOUIS POST-DISPATCH/THE ASSOCIATED PRESS

Cycling. Armstrong steps down from Livestrong just before sponsors jump ship

Already an outcast in cycling after a massive doping report, Lance Armstrong absorbed hits much closer to home Wednesday: To his wallet and his heart.

Armstrong was dumped by Nike, Anheuser-Busch and other sponsors, and he gave up the top spot at Livestrong, his beloved cancer-fighting charity, a week after an anti-doping agency released evidence of drug use by the seven-time Tour de France winner.

Armstrong stepped down as chairman of Livestrong in an attempt to minimize the damage caused by the U.S. Anti-Doping Agency's report. USADA banned Armstrong from the sport for life and has ordered that his Tour titles be stripped, which could come before the end of the month.

"This organization, its mission and its supporters are



Lance Armstrong GETTY IMAGES FILE

incredibly dear to my heart," the cancer survivor said in a statement. "Today therefore, to spare the foundation any negative effects as a result of controversy surrounding my cycling career, I will conclude my chairmanship."

Minutes later, Nike dropped its personal sponsorship contract with him and issued a blistering statement that the company had been duped by his denials over the years.

Armstrong's story of not only recovering from testicular cancer that had spread to his lungs and brain but then winning the world's best-known bike race helped his foundation grow from a small operation in Texas into one of the most popular charities in the U.S.

THE ASSOCIATED PRESS

By the numbers

80M

In 2004 the Livestrong foundation introduced yellow bracelets, selling more than 80 million and creating a global symbol for cancer awareness and survivorship.

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Canadians sift through wreckage

Soccer. Veterans likely to retire while public enthusiasm may suffer with no matches

Canadian soccer officials had hoped to be in Miami on Thursday, meeting with CONCACAF officials to map out the final round of World Cup qualifying.

Instead, in the wake of a humiliating 8-1 defeat in Honduras, they find themselves forced to do yet another post-mortem on the men's soccer program.

Coach Stephen Hart is likely gone. A decent man who holds the affection and respect of his team will no doubt pay the

price for Honduras.

After a 15-year absence from the final round of qualifying in the region, Canada seemed poised to return to CONCACAF's elite level.

One of the teams in their group, Cuba, was a weak sister. Hart correctly pointed to Panama as the strongest side in the group but Honduras seemed a possible target.

In the past, lack of success at home snuffed out Canadian chances. This time, Canada took seven of nine points from three games in Toronto.

But a 0-0 home tie in June against the Honduras was a killer. Had Canada finished its chances and won at BMO Field, Tuesday's game in Honduras

Quoted

"We could have and should have (had) it wrapped up before it even got to this game."

Canadian captain Kevin McKenna on Canada failing to win a key home game that could have rendered Tuesday's match meaningless

would have been meaningless.

Making the final round would have meant a 10-game qualifying campaign for Canada plus a chance to showcase the sport and perhaps capture the kind of public wave of enthusiasm that engulfed the women's side during the Olympics.

"Crucial for us," Peter Montopoli, general secretary of the Canadian Soccer Association, said last week about making the final round.

"For us to advance to the next round, it gives us a full competition schedule.... We've seen the interest now over the last two years of what playing home matches can do. And if we can have five matches at home in 2013, it raises the significance, the relevancy of the team to the highest level possible, and we know the country will be cheering them on as they were watching the women's team."

File that in Canadian soccer's extensive "Might Have Been" archive. **THE CANADIAN PRESS**



Followed by teammates, Canada's Iain Hume walks off the pitch after losing 8-1 to Honduras on Tuesday. ESTEBAN FELIX/THE ASSOCIATED PRESS

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Horoscopes

Aries

March 21 - April 20

Something apparently random will happen today but if you look a little closer and dig a little deeper, you will find there is a reason for it. Could it be someone is trying to disrupt your plans? Yes it could.

Taurus

April 21 - May 21

Try not to make too big a deal of your differences with neighbours and work colleagues. The more you focus on negative things, the more power you give them. Remember: Laughter is usually the best healer.

Gemini

May 22 - June 21

Promise yourself now that no matter what happens over the next 24 hours, you will not over-react. Take life as it comes and make the best of whatever situation you happen to find yourself in. No, the world isn't ending.

Cancer

June 22 - July 23

You are finding it hard to cope with changes that are not of your making. The good news is that someone you meet today will cheer you up and brighten your outlook considerably. Stop worrying about little things.

Leo

July 24 - Aug. 23

What at first looks like a setback will later reveal itself to be good fortune in disguise. Little things may go wrong in the short term, but over the longer haul they usually come right for you. Life's like that.

Virgo

Aug. 24 - Sept. 23

No one is perfect, least of all you. The mistake you are making is that you want to live up to standards that are too high to maintain for more than a few minutes, even for a Virgo. You're only human.

Libra

Sept. 24 - Oct. 23

Don't make too many plans over the next few days because you will most likely have to change them when the Sun leaves your sign on the 23rd. The best plan is no plan at all. Take each moment as it comes.

Scorpio

Oct. 24 - Nov. 22

You may feel a bit insecure but the good news is this phase will pass — and soon. In a matter of days, you will realize you had nothing to worry about. Life is good and getting better by the minute.

Sagittarius

Nov. 23 - Dec. 21

For some reason, you don't want others to know what you have been up to. Was it really that bad? Don't be too secretive though or you may arouse the curiosity of rivals as well as friends — and that's dangerous.

Capricorn

Dec. 22 - Jan. 20

You will come into some interesting information today, the kind of information that you may be able to use to make yourself look good. But you must not use it to make someone else look bad — that's not nice.

Aquarius

Jan. 21 - Feb. 19

You have nothing to prove. No, really, nothing at all. Both at home and at work, the people who count know what you can do and know that you will never let them down. That's not the Aquarian way.

Pisces

Feb. 20 - March 20

Use your good-natured charm to convince a friend or colleague that they really should change their ways for the better. You don't have to come over all moralistic about it but you do need to highlight their errors. **SALLY BROMPTON**

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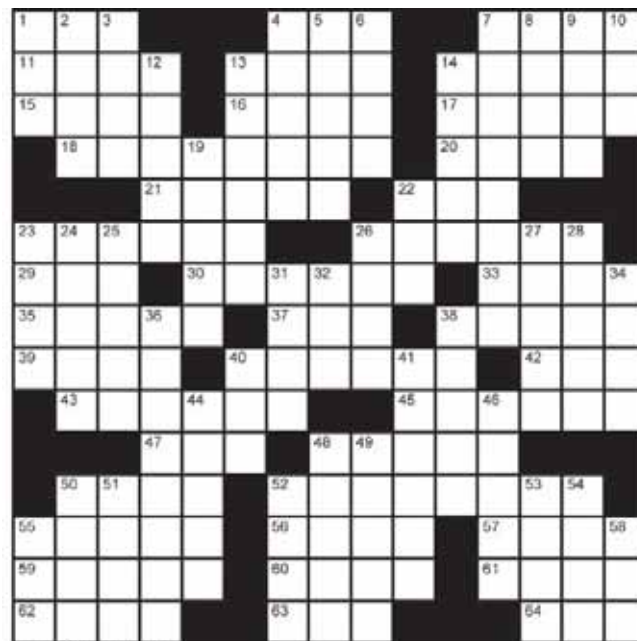
- Canadian map dispensers: initialism
- ___ la la
- Pit at a rock concert
- A/C capacity measures
- Like most colleges
- Christmas visitor
- Pepsi or Coke
- Scots Gaelic
- Fields of learning
- Alberta's second-largest city
- Clenched hand
- Chose to join, with "in"
- Bring home after expenses
- Middle Eastern market
- Harper group
- Pub favorite
- PM Pearson
- Cat's call
- Bums
- Fib
- Earth or land: Fr.
- Breaking waves
- Northern Canada land feature
- "A girl" or "a boy" preder
- More moronic
- ___ Goes to Camp: 1987 Jim Varney comedy
- Gay Nineties or Roaring Twenties
- Mr. ___: nearsighted cartoon character with Jim Backus's voice
- Baseball team
- Ontario neighbour
- Lack of fighting
- One of many on a computer desktop
- William Lyon Macken-

zie ___: 10th PM

- Eggs on
- "Told you I could do it!"
- "Fifth Avenue" store
- Audience's expressions of disapproval
- Foot digit
- Occupied a chair

Down

- This Hour Has 22 Minutes network
- Dip ___ in the water: test bath temperature (2 wds.)
- "We'll take a cup of kindness yet for ___ lang syne"
- Cake often made with ground nuts
- Do a lawn job
- Mideast Gulf
- ___ Provinces: they're on the Atlantic
- Individual units
- Baseball figure, for short
- Owens
- American ___: Pacific Ocean territory
- Midpoint
- Toronto-born 60 Minutes regular Morley
- October birthstones
- And not
- Comments often uttered by Ebenezer Scrooge
- Audible
- Striped equine
- Started a golf hole, with "off"
- Like many a Stephen



King novel

- Alphabetizes, for example
- Aspersions
- Cat on a Hot ___ Roof
- AB's and BC's place in Canada, directionally
- Transgressions
- Fortune teller's 22-card deck
- Black or green drink
- Provincial capital

whose name means "queen"

- Forest constituents
- Breakfast spots
- Chinese gambling mecca west of Hong Kong
- Negative end of a battery
- Rome's fiddling emperor
- Othello's betrayer
- Catcher's glove

53. Slant

- Ottawa-born singer of Lonely Boy
- Tavern
- Canada's national levy, for short

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Yesterday's Sudoku

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5	2	7	3	8	6	9	1	4
9	3	5	2	7	8	4	6	1
2	1	8	4	9	5	6	3	7
7	8	4	6	3	1	2	5	9
3	5	1	6	4	9	8	7	2
4	7	2	1	8	3	5	9	6
6	8	9	7	5	2	1	4	3

		7				3	2	
6	8						4	
			9		5	1		
		8			1	9		5
			4		3			
3		6	8			4		
		2	6		7			
	1						9	4
	6	5				7		

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